

# Vibrant Life Dr. Clark Brittain

## O Shot Pre/Post Treatment Instructions

### Pre Treatment

1. Avoid the following for at least 1 week prior to your procedure:
  - NSAIDS (Ibuprofen, Motrin, Aleve, Naprosyn, Aspirin)
  - Certain nutritional supplements (Gingko, Garlic, Vitamin E, Vitamin A, Flax oil, Curcumin and other anti-inflammatory nutrients.
  - Systemic Steroids (Prednisone, dexamethasone)
2. Hydrate well the day before and the day of the procedure for ease of blood draw.
3. If you have a history of herpes simplex 1 or 2 you will need to take a prophylactic anti-viral prior to and after O Shot. Please contact office to have this sent to your pharmacy.

### Day of Treatment

1. Blood is drawn and PRP is processed.
2. Topical anesthetic is applied to the treatment area for 20-30 minutes prior to procedure
3. Lidocaine will then be used after the numbing medication has had time to work.
4. O-Shot procedure will then be performed and PRP is strategically injected into the numbed areas.

### Post Procedure

1. There is actually little to no down time following your O-Shot procedure.
2. You may return to work same day.
3. Please to not use NSAIDS as mentioned above for one week post procedure. You may use acetaminophen (Tylenol) as directed on label and/or apply an ice pack to the area for any discomfort.
4. We recommend waiting three days before intercourse or using tampons.
5. Most patients will notice improvement fairly quickly (2-3 weeks), but it may take several weeks (up to three months) to achieve maximum results.
6. Please contact our office if there are any questions or concerns following your procedure. 812-331-9160