



Serenity Center for Health & Wellness

EMPOWERING PEOPLE TO IMPROVE THEIR LIVES

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Information on Procedures

O-Shot®

Enhances Sensitivity, Improves Incontinence, and Lubrication

The O-Shot®, also known as the Orgasm Shot®, is a patented treatment for increased sexual pleasure, reduction of urinary incontinence and improved vaginal lubrication. If you're a woman who suffers from diminished sensitivity, inability to achieve an orgasm, or urinary incontinence, the O-Shot® may be a solution for you. The O-Shot® uses your body's natural resources to rejuvenate your most private area.

- **Urinary Incontinence.** It is extremely common for women to experience urinary incontinence after childbirth. It is even more common when a woman loses internal vaginal wall collagen support as they age. While some women have extreme symptoms requiring surgery, medications or other treatments, many more women have mild to moderate symptoms. These mild to moderate symptoms can be treated with the O-Shot® at Serenity Center for Health & Wellness (SCHW).
- **Sexual Satisfaction.** Approximately 43% of women have difficulty achieving an orgasm. Another study found that almost 89% of women fake an orgasm. That shouldn't be you. With the O-Shot® in SCHW, you can use the power of platelet-rich plasma to safely and naturally make your genitalia more sensitive to the touch and improve your sexual satisfaction and change the "Oh no, into OMG!".
- **Vaginal Dryness.** Vaginal dryness is present when the tissues of the vagina are no longer well-lubricated. This can be related to the hormonal shifts associated with menopause and peri-menopause or can be something women notice after childbirth. When these symptoms are caused by a decreased amount of estrogen in a woman's body, this problem is called atrophic vaginitis. Not only does the vaginal tissue feel dry, but it also loses its elasticity, thus resulting in painful intercourse. The O-Shot® increases your natural vaginal lubrication.
- **What it Treats**
 - Greater arousal from clitoral stimulation
 - Pinker, younger, color of the vulva
 - Stronger, more frequent orgasms
 - Decreased pain during sexual intercourse



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- Increased natural lubrication
- Improved symptoms of urinary incontinence
- Reduced inflammation in the condition of lichen sclerosus

How does the O-Shot® Work?

The O-Shot® in SCHW uses PRP. What is PRP? Platelet-rich plasma (PRP) is isolated from the patient's own blood using a centrifuge. Activation of the PRP results in the release of at least 8 different growth factors that would normally be used to heal injured tissue. These growth factors work like magic to increase collagen and elastin, promote angiogenesis (or the formation of new blood vessels), improve blood flow, and promote the formation of new nerve endings.

Procedure Time

- 45-60 minutes

Recovery Time

- Minimal to None

Side Effects

- Minimal to None. This is because we use your own body's plasma.

Protocol, Process, and Results

Step 1.

- First, a small amount of blood is drawn from your arm.

Step 2.

- Using DrPRP centrifuge because medical grade PRP and platelet count matters for regeneration. The PRP is isolated from the blood sample, all within about 20 minutes in the office. The platelets are then "activated" to release at least eight growth factors that would normally be used to heal injured tissue.

Step 3.

- **Inject the PRP.** After numbing cream is applied to the vaginal area, the doctor uses a small needle anesthetize the nerves leading to the clitoris. Then, a small needle is used to carefully and gently place precise amounts of PRP in the structures responsible for the female orgasm and pleasure. Patients report that they feel no pain during the O-Shot®, this may vary.

Step 4.

- **Vaginal Tissues are Regenerated.** The healing and growth factors cause new cell growth and vascularization to occur over several months. Tissues become more supple, sensitive, and elastic. They thicken and produce more lubrication when stimulated.



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Step 5.

- **Results.** 60% of women improve after the first O-Shot® and approximately 85% are thrilled after their second O-Shot®. It typically takes about 12 weeks to see the full effect, and some women may require a series of two or three O-Shot® treatments, spaced 8 to 12 weeks in between, to reach their desired potential. After about 8-12 weeks, you'll notice an improvement in stress urinary incontinence and enhanced pleasure during intercourse. The effects of the O-Shot® last about 12-18 months. Some women combine the O-Shot® with Acoustic Wave Therapy, the Femilift® Vaginal Rejuvenation laser and Bio-Identical Hormone Therapy for enhanced results.