



OHH SHOT Pre & Post Care

*You should not have PRP treatment done if you have any of the following conditions and diseases including; certain skin diseases (i.e. Systemic Lupus Erythematosus (SLE), porphyria) • allergies to anesthetics (lidocaine, xylocaine) • cancer • chemotherapy • blood or bleeding disorders • anti-coagulation therapy • chronic liver disease • systemic use of corticosteroids within two weeks of the procedure • pregnant or breast feeding

Pre-Treatment

*AVOID anti-inflammatory, blood-thinning medications two weeks before treatment, such as aspirin, ibuprofen, omega-3s, St. John's Wort, Vitamin E, Ginkgo Biloba, etc.

*AVOID alcoholic beverages for 24 hours before your appointment. Alcohol can thin the blood and increase bleeding.

Treatment Day

Come to the appointment with a clean skin no lotion in the area being treated.

What to Expect

Blood is drawn from a vein in your arm it is then spun in a centrifuge. The area is thoroughly numbed before the plasma is injected. Most clients experience very little pain or discomfort from this treatment. After PRP injections you may potentially have bruising, redness, itching, swelling and/or soreness that may last 2-5 days. Noticeable improvements may take several days or weeks, however, some women report exciting changes to their sexual wellness almost immediately after treatment. For most women, it is considered safe and appropriate to resume sexual activity about 1-2 days after treatment

Aftercare

*Immediately following the procedure, the most commonly reported side effects are redness, swelling, bruising, tenderness, tingling, numbness, lumpiness and/or feelings of pressure or fullness at the injection sites and/or in the treated area(s).

*Avoid scrubbing at the injection sites for 24 hours after treatment and you may want to wait 24-48 hours to resume intercourse.

*Avoid direct high heat (sun exposure, sauna, steam room, pools, very hot shower, hot yoga, strenuous exercise, etc) for 24 hours after treatment.

*We would prefer if you could refrain from applying ice to the injected area as ice acts as an anti-inflammatory.

*Avoid alcohol consumption for a minimum of 6 hours post procedure, and preferably the night before

Please contact Cheeky Medspa at (907) 252-3198 if you have any questions, concerns, or compliments regarding your treatment.