



Patient Education:

Ohh Shot

The Ohh Shot, also known as the Orgasm Shot, is an injection procedure that uses platelet-rich plasma (PRP) derived from your own blood to rejuvenate and enhance the sensitivity and function of the vaginal and clitoral areas. Clients have reported stronger and more frequent orgasms, increased natural lubrication, and greater arousal after having the procedure.

Before your appointment

Do Not schedule an appointment during your menstruation. You are ineligible to receive this treatment if you are pregnant.

Wash your vaginal and vulvar area the morning of your treatment appointment. Inform your provider about any medical conditions, including active STDs or infections, as these may make you ineligible for treatment. Avoid anti-inflammatory drugs like ibuprofen, aspirin, and blood thinning medications for two weeks before your treatment. Avoid alcohol for 24 hours before your appointment to minimize the risk of increased bleeding. Wear loose, comfortable clothing to your appointment. For patients with a history of genital herpes simplex virus start prescription five days prior to your treatment.

You should not have this treatment done if you have any of the following conditions or diseases: certain skin diseases (i.e. Systemic Lupus Erythematosus (SLE), porphyria), allergies to anesthetics (lidocaine, xylocaine), cancer, receiving 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.

The day of your appointment

What to Expect:

Consultation: Discuss with a qualified healthcare provider to determine if the Ohh Shot is right for your needs.

Blood Draw: A small sample of your blood will be drawn with a small needle.



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PRP Preparation: The blood sample will be processed in a centrifuge to concentrate the platelets, creating the platelet-rich plasma (PRP).

Numbing: The area is thoroughly numbed before the plasma is injected.

Injections: The prepared PRP is injected into the clitoral and vaginal areas.

Immediate Sensations: You may feel a slight warmth or fullness in the treated area.

Temporary Side Effects:

Mild redness, tenderness, and swelling are common but usually resolve within a few days.

Vaginal swelling can temporarily affect the urine stream. 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.

After your appointment

Refrain from touching or pressing on the treated area. Abstain from sexual activity, tampons, and douching. Wait 48 hours before resuming sexual activity or using tampons.

Avoid alcohol for at least three days, as it can minimize swelling and bruising. Avoid direct high heat (sun exposure, sauna, steam room, pools, very hot shower, hot yoga, strenuous exercise, etc.) for 24 hours after treatment. Mild swelling, redness, and bruising are possible and should resolve in a few days. Avoid Advil, Aleve, Aspirin, Ibuprofen, Motrin, Naprosyn, (all non-steroidal anti-inflammatory agents), Vitamin A, Vitamin E, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver, Essential Fatty Acids (EPA, DHA) for 2 weeks after your treatment. Avoid alcohol consumption for a minimum of 6 hours post procedure. Wear loose clothing to prevent irritation to the treated area. Stay hydrated. Drink plenty of water to support the healing process.