

## G-shot/Woman's Shot Pre and Post-Treatment Instructions

### Pre Treatment Instructions

- Clean the area before the appointment.
- Avoid using NSAIDS in the week before and 8 weeks after the procedure (Advil, Ibuprofen, Motrin, Aleve, Celebrex, Naproxen, etc.). (this applies only to Woman's shot because of the use of PRP)
  - Tylenol/Acetaminophen is not an NSAIDS and it is okay to take.

### When will I see results from the Woman's Shot?

In certain cases, women will see an immediate increase in sexual function, desire and overall pleasure. However, results for both sexual function and urinary incontinence typically peak within 3 to 6 months and last an average of 12 to 18 months.

If you are seeking pleasure enhancement, consider adding vaginal kung fu (advanced kegels) with the G-shot to the women's shot. Vaginal laser tightening (Intimalase) is another beneficial procedure that could help increase your pleasure as well as your partner's!

Looking to treat stress incontinence? Our laser treatment (Incontilase) combined with vaginal kung fu (advanced kegels) and the women's shot is a great combination!

Our new electromagnetic seat for deep perineal musculature reinforcement (emsella like) will get you the strongest perineum in just a few sessions! This will help with pleasure and stress incontinence.

### Post Treatment Instructions

- Redness/swelling/numbness is normal for a few days to a week.
- Discomfort and tenderness to the touch is also common in that time frame.
- Gently clean the area twice daily with mild soap.
- You may notice no effect at all in the first few weeks.
- You may notice reaction from mild to intense sexual sensitivity, want/need for sex, sexual drive/libido.
- Sexual activity may be engaged immediately. Some may notice better sex immediately, while some may still have some discomfort with sex until results appear.
- Urinary incontinence may improve in the first few weeks but usually takes a month or longer to see results.
- You should immediately notify Dr. Belanger and Inovo Medical if you have any questions or concerns, or see any signs of problems (severe or extended: pain, redness, swelling, bruising, lumpiness, sign of infection, blood supply compromise).

Signs of blood supply compromise include blanching or whitening/darkening/blackening of the skin, any discoloration, pain, or skin break/sloughing.

If you have any questions, concerns or experience any problems, please call our office at 613-749-4668.