



# THE GIRLFRIEND'S GUIDE TO THE O-SHOT



**MATRIX**  
AGE MANAGEMENT

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## WHAT IS THE O-SHOT?

The O-Shot is an in-office procedure where a certified provider will inject platelet-rich plasma (PRP) into the opening of the vagina and base of the clitoris. PRP stimulates stem cells, collagen, and blood vessels, resulting in increased sensitivity and improvement in your body's response to stimulation.

***The treatment usually takes less than 15 minutes, but you should plan to be in the office for at least an hour.***

## WHAT ARE THE BENEFITS OF THE O-SHOT?

Some of the benefits from the O-Shot include:

- Increased sensitivity
- Increased ability to orgasm
- Stronger orgasms
- Treatment of mild, stress-related urinary incontinence
- Increased sexual desire

It can also help address skin problems like lichen sclerosus (those thin, white patches of skin that can develop in the genital area) and lichen planus (purple, itchy, flat-topped bumps that can appear in the genital area).

***Some of the biggest benefits of the O-Shot are:***

- Increased sexual desire
- More natural lubrication
- Stronger, more frequent orgasms.
- Younger, smoother skin of the vulva
- A tighter vaginal opening
- Less pain during intercourse
- Decreased urinary incontinence

## HOW SOON SHOULD I SEE RESULTS?

Some women experience improvement in 2-3 weeks, although it can take up to 2-3 months. Your cells will continue to age, but the results can last 18 months or longer. The O-Shot may be repeated every 6-12 months to maintain results.

## DOES IT HURT?

The O-Shot sounds scary. After all, it is a shot in a sensitive area. However cringe-worthy it may seem, **there is very little to no discomfort**. Topical numbing cream, as well as injectable numbing medicine are used. During the injection, you'll probably feel some pressure and tension, but that will be it!

## WHAT CAN YOU EXPECT AFTER THE SHOT?

**The O-Shot has zero downtime.** The only immediate symptom will be short-term sensitivity. That said, it's a good idea to take off from work the day of your procedure until you know what to expect. The numbing medication can last 3-4 hours. You might experience mild tenderness and swelling, but you can resume all normal activities the next day.

There is no need to avoid sexual intercourse. In fact, sex can help stimulate the PRP to do its job!

## HOW MUCH DOES THE SHOT COST?

The O-Shot costs \$1,250 at Matrix Age Management. There are several financing options available to help cover the cost of treatments, including CareCredit. You can [find out more about that here](#).

## WHERE SHOULD I GET THE SHOT?

**You shouldn't get the O-Shot just anywhere.** Look for a physician or nurse practitioner listed [on the O-Shot website](#). These medical professionals are members of the Cellular Medicine Association and were specifically trained and certified to perform the procedure.

## WHY CHOOSE MATRIX AGE MANAGEMENT?

At Matrix Age Management, we understand the effects aging and childbirth can have on these delicate areas. We offer the O-Shot, as well as other treatments, to Matrix and non-Matrix patients alike.

Karen Proffer is an experienced nurse practitioner, a certified O-Shot provider, and a proactive member of the Matrix Age Management team. You can feel comfortable and secure knowing you are in a confidential, safe setting with an experienced medical provider and a team who understands the sensitive nature of what you are going through.

Whether you're a mother, wife, or simply seeking increased sexual satisfaction, the O-Shot can help. [Schedule a consultation](#) with Karen Proffer today to learn more.

**SCHEDULE A CONSULTATION**



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