



O-Shot Aftercare Instructions

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Post Care

First 24–48 Hours

- Resume normal daily activities: There is little to no downtime following the O-Shot.
- Drink plenty of water to support healing and maximize the benefits of the PRP.
- Use a panty liner if there is light spotting or fluid discharge (normal for some patients).
- Take it easy: You can gently return to non-strenuous activity but listen to your body.
- Avoid sexual intercourse, self-stimulation, or vaginal penetration for at least 24 hours.
- Avoid hot tubs, baths, or swimming for 72 hours to minimize infection risk.
- Avoid heavy exercise or anything that puts pressure on the pelvic region for 24–48 hours.

Next 3–7 Days

- You may begin to feel improvement in sensitivity, lubrication, or urinary symptoms within the first week.
- Best results typically develop over 2–3 months, as collagen production and tissue regeneration increase.

You May Resume:

- Sexual activity after 24 hours (or once you're comfortable)
- Light exercise after the first 2 days
- Use of recommended vaginal moisturizers or creams

Contact us if you experience:

- Persistent discomfort, pain, or swelling
- Foul-smelling discharge or fever
- Urinary discomfort not improving

Next Steps

- Follow-up appointments may be scheduled based on your goals.
 - Maintenance O-Shots can be considered every 12–18 months, or as recommended for ongoing sexual or urinary support.
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