

Seiler Skin's O-Shot Pre & Post-Care Instructions

Pre-Care Instructions:

The O-Shot should not be used in patients who are smokers, pregnant, nursing, trying to get pregnant, have experienced this hypersensitivity in the past, those with severe allergies, and should not be used in areas of active inflammation or infection (cysts, pimples, rash) or blood-borne infection. This procedure should not be used in a patient with any active or past vaginal/uterine or other female related problems without approval by Dr. Seiler and your personal gynecologist. The O-Shot should only be performed on a patient who is clean shaven and is either one week away from or one week after their menstrual cycle. This procedure should not be used in patients who smoke. You should have had a normal gynecological exam within the last year and have not had any gynecological/female issues since.

Post-Care Instructions:

- Redness/swelling/numbness is normal for a few days to a week. Real results can be expected at 4 weeks (after all swelling has resolved). 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. Notify Dr. Seiler and Seiler Skin if you have any problems with urination.
- You should immediately notify Seiler Skin and Dr. Seiler 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. However, Dr. Seiler is happy to see you at any time with any questions or concerns.

I have been provided the above instructions verbally and in writing. I understand the instructions and know to call Seiler Skin and Dr. Seiler immediately if I have any questions or concerns or see any of the above warning signs of problem. 205-870-0204 or 205-873-2340.

INITIAL_____