



# Lancashire Gynaecologist

*Eric Mutema*

Understanding the O-Shot:  
Procedure, benefits, and popularity

In recent years, the O-Shot has gained significant popularity as a revolutionary treatment for women seeking to enhance their sexual health and overall wellbeing. This innovative procedure, also known as the Orgasm Shot, offers a range of medical and aesthetic benefits that have garnered the attention of many individuals. In this article, we will delve into what the O-Shot entails, its potential benefits, and the reasons behind its growing popularity.

## What is the O-Shot?

The O-Shot is a non-surgical procedure designed to improve sexual function and rejuvenate the genital tissue in women. It involves extracting platelet-rich plasma (PRP) from the patient's blood and injecting it into the vaginal area. PRP contains growth factors that stimulate tissue regeneration and promote the production of collagen, which can enhance sensitivity, lubrication, and overall sexual pleasure. While the O-Shot is primarily known for its benefits in improving sexual health and function, it can also address various medical symptoms and conditions related to female sexual dysfunction and overall vaginal health.



## What conditions does the O-Shot treat?

**Low Libido (Hypoactive Sexual Desire Disorder):** Women experiencing a decrease in sexual desire or interest may benefit from the O-Shot, as the PRP injections can help increase blood flow, nerve sensitivity and overall sexual arousal.

**Painful Intercourse (Dyspareunia):** For women who experience pain or discomfort during sexual intercourse, the O-Shot can help reduce inflammation, improve lubrication and promote tissue regeneration, making intercourse more comfortable.

**Difficulty Achieving Orgasm:** The O-Shot's ability to enhance sensitivity and blood flow in the genital area can help women who have difficulty reaching orgasm experience more intense and satisfying orgasms.

**Vaginal Dryness:** PRP injections can stimulate the production of collagen and improve hydration in the vaginal tissues, leading to increased natural lubrication and relief from vaginal dryness.

**Stress Urinary Incontinence:** Some women may experience urinary incontinence during activities such as coughing, sneezing, or exercising. The O-Shot can help strengthen the pelvic floor muscles and improve bladder control, reducing symptoms of stress urinary incontinence.

**Lichen Sclerosus:** This is a chronic skin condition that affects the genital area and can cause itching, pain, and scarring. The regenerative properties of PRP in the O-Shot may help improve the symptoms of lichen sclerosus and promote healing of the affected skin.

**Vaginal Laxity:** Women who experience vaginal laxity, which can occur due to childbirth or aging, may benefit from the O-Shot's ability to promote tissue regeneration and tighten the vaginal tissues.





## The Procedure

**Consultation:** Before the procedure, a thorough consultation with a healthcare provider is necessary to discuss the patient's medical history, expectations, and any concerns they may have.

**Blood Draw:** A small amount of blood is drawn from the patient, usually from the arm.

**PRP Extraction:** The blood is then processed in a centrifuge machine to separate the platelet-rich plasma from other components.

**Injection:** The concentrated PRP is injected into specific areas of the vagina, such as the clitoris and the G-spot, using a fine needle.

**Post-Procedure:** Patients can typically resume their normal activities immediately after the procedure, as there is minimal downtime associated with the O-Shot.



Platelets are cells found in human blood. When activated they stimulate the generation of growth factors that can stimulate the healing process.



Blood is taken from the patient using 60ml syringe.



The blood is put into the autologous platelet separator machine that is programmed to give the precise quantity of PRP.



High consistent concentration of PRP separated by the machine is then taken out and injected into the skin containing growth factor.

## Benefits of the O-Shot

### *Medical Benefits*

**Improved Sexual Function:** The O-Shot can enhance sexual arousal, sensitivity, and orgasm intensity.

**Treatment for Sexual Dysfunction:** It may help address conditions such as low libido, pain during intercourse and difficulty achieving orgasm.

**Tissue Regeneration:** PRP promotes the regeneration of healthy tissue in the vaginal area, potentially improving overall vaginal health.

### *Aesthetic Benefits*

**Tightening and Rejuvenation:** The O-Shot can help tighten the vaginal tissues and improve the appearance of the external genitalia.

**Increased Lubrication:** Some women may experience improved natural lubrication following the procedure.

**Enhanced Confidence:** Feeling more comfortable and satisfied with one's sexual health can boost self-esteem and confidence.



## Popularity and Reasons behind it

The growing popularity of the O-Shot can be attributed to several factors:

**Non-Invasive Nature:** As a non-surgical procedure with minimal risks and downtime, the O-Shot is appealing to women seeking alternative solutions to traditional treatments.

**Natural Approach:** The use of the patient's own blood to stimulate tissue regeneration aligns with the trend towards natural and holistic healthcare options.

**Positive Results:** Many women report significant improvements in sexual function and satisfaction after undergoing the O-Shot, leading to increased word-of-mouth referrals and media coverage.

**Increased Awareness:** With the rise of social media and online resources, more women are becoming aware of the O-Shot as a potential solution for their sexual health concerns.



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## The Lancashire Gynaecologist

The Lancashire Gynaecologist Mr Eric Mutema is a highly experienced and respected Consultant Obstetrician and Gynaecologist. He founded his private practice, the Lancashire Gynaecologist, to provide a service to women in Lancashire and beyond and respond to the shortage of specialist gynaecological services available to women missing out on individualised care and treatment. The Lancashire Gynaecologist offers patients individual attention, an empathetic, compassionate approach and patient-centred care. His patients will receive a full consultation that takes their overall health into account and subsequent treatments will be tailored to meet the needs of the individual woman. So please don't wait and put off seeking treatment; we're available, convenient and we can help you.



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