



Amplified Regenerative Therapies  
By Dr. Robyn Benson  
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### **FAQ about the O-Shot®**

#### **How much does the O Shot Cost?**

The O-Shot® procedure costs \$1,500 if paid by cash, check or credit card at the time of service).

The [intensity device](#), an important part of the protocol recommended by Dr. Benson, is included in this investment in your sexual/urogenital health.

A credit card is required to reserve your appointment. A consultation charge of \$150 is charged as a consultation and is necessary prior to the recommendation of the O-Shot® Procedure. The consultation charge will be credited toward any purchase of any service or product in the office if it is made within 60 days.

If you wish to cancel or reschedule your appointment, it must be done prior to 48 hours of your scheduled appointment. If you provide less than 48 hours notice, or if you do not show up for your appointment, a \$150 missed appointment fee is charged to the card on file.

#### **Does the O shot Treat Urinary Incontinence?**

Many women report significant improvement and often resolution of stress and urge incontinence after the O-Shot®. There are also many reports of total resolution of the problem. Strengthening the pelvic floor musculature in conjunction with the

application of Platelet Rich Plasma (PRP) can significantly reduce urinary incontinence. Use of the intensity device will help tremendously in this regard.

If incontinence is a more significant problem, you might be a candidate for the [InTone device](#). The InTone device is a far more effective tool for the treatment of incontinence, especially when combined with proper hormone balance and the O-Shot® Procedure. The InTone device, if needed, will require additional charges.

### **Who invented to O shot procedure?**

Dr. Charles Runels was the first physician to introduce this procedure in 2010. Dr. Robyn Benson was trained by Dr. Runels in the specialized technique of the O-Shot® and other PRP procedures including the [Priapus Shot®](#), [Vampire Facelift®](#), Vampire Facial® and [Vampire Breast Lift®](#). Dr. Robyn Benson was also trained by Elizabeth Roy, DO and Dr. Emila Ripoll (Urologist).

### **Can I have a consultation and the O shot procedure at the same time?**

You may have services on the same day as a consultation as long as you make your desire for service known at the time of scheduling.

### **Is there a cost for the consultation?**

A credit card is required to reserve your appointment. A consultation charge of \$150 is charged, as a consultation is necessary prior to the recommendation of the O-Shot® procedure. The consultation charge will be credited toward any purchase of any service or product in the office if it is made within 60 days.

### **What if I have to cancel or reschedule my appointment?**

If you wish to cancel or reschedule your appointment, it must be done prior to 48 hours of your scheduled appointment. If you provide less than 48 hours notice, or if you do not show up for your appointment, a \$150 missed appointment fee is charged to the card on file.

### **What should I expect during my appointment for the O shot?**

Dr. Benson will thoroughly review your medical history. You will have an opportunity to ask questions should you have any. Once you have been evaluated and it has been determined that you are a candidate for the O-Shot® procedure, you will be given proper information to consent to the procedure. A topical numbing cream is applied to the injection area and a local numbing block is put into place. Your blood is then drawn and prepared. Once your PRP is ready and the numbing has properly set up, Dr. Benson will inject it into two small areas of the vagina. The

entire process takes approximately 30 minutes and there is minimal if any discomfort.

### **Does the O shot hurt**

Most women are quite comfortable during the procedure. The discomfort is often described as a mild pinch or sometimes a bit of mild pressure. The numbing feeling from the numbing medicine and local numbing block may last 30-60 minutes after the procedure.

### **Are there any side effects or downtime with the O shot?**

There are typically no side effects or downtime. Occasionally there is a brief period of mild soreness, typically lasting less than a day. There may be a few drops of blood from the injection site. You can return to work, exercise and do any other activity you wish on the same day, including sexual activity.

### **What is the protocol after the O shot**

After the O-Shot® procedure, you are asked to use the Intensity device to stimulate and strengthen the pelvic floor muscles and to stimulate the healing factors to proliferate. Please use the device for a minimum of 10 minutes daily for a minimum of 2 weeks. The more you use the device the better. You may continue daily or weekly use indefinitely for continued benefit. It has been our experience that most women find the Intensity device to be quite pleasurable and enjoyable.

### **Do I have to come back to see the doctor after the o shot procedure?**

Dr. Benson would like to have a very brief phone conversation or office visit (15 minutes) at 8 weeks after your procedure. In most cases she will call 2-7 days after the procedure to check in. Rare for a doctor, but what she cares to do. She would like to know the benefits that you may have experienced from having the O-Shot®. If necessary, plan for further care will be considered at that time.

### **Will I need a second O Shot?**

Some women choose to have a second O-Shot® for various reasons (including simple progression of the normal aging process). You may have a second O-Shot® after 8 weeks should you desire. The majority of women have improved function after one O-Shot®, but they will sometimes decide to do another for additional benefit. There is usually additional benefit with each O-Shot®.

### **How many O shots may I have?**

There is no limit to the number of O-Shots® a woman can have safely. Evaluation by a physician skilled in the use of PRP is necessary to determine potential risks and benefits.

If I need a second O – shot is there a discount

There is a 20% discount for subsequent O-Shots®.

**Is the O shot FDA approved?**

PRP is a well-documented and accepted procedure for many surgical and medical conditions. However, PRP procedures are not approved or disapproved by the FDA because PRP is not a drug. The FDA has approved the PRP harvesting kits that are used. PRP has been shown to be safe and is being shown in many medical specialties to be effective at regeneration, healing and rejuvenation.

**Are there any studies or research on the O-Shot?**

Yes, there is an excellent [article](#) available that will review the procedure and its potential application to women's sexual dysfunction.

**Can I have the procedure done if I am pregnant?**

No. We do not do any procedures on women who are pregnant or lactating. If you are not sure if you are pregnant, a pregnancy test should be done prior to you making an appointment. You will be asked to sign a document to verify that you are not pregnant or lactating at the time of the procedure.

**Can I have the procedure if I am menstruating?**

There are no increased risks or adverse outcomes associated with the procedure when it is done during the menstrual period. Anytime of the month in a woman's cycle is acceptable.

**Is the O shot guaranteed?**

This is an elective procedure and there are no guarantees that you will achieve the desired results. There are also no refunds. Dr. Robyn Benson will evaluate your concerns and goals with integrity to make sure you are an appropriate candidate before you spend your money and time, and he will work to make sure that the procedure ultimately gives you the satisfaction you desire.

**When can I resume sex after the O shot?**

Immediately.

Cheers to Amplifying your Sexual and Urinary Health the natural way~

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