



## **Vampire O-Shot After-Care Instructions**

- You may resume normal activity immediately.
- Intercourse may be resumed the day of the procedure—and is encouraged.
- Avoid anti-inflammatory medications (NSAID's, aspirin, Aleve®, Motrin®, ibuprofen, etc.) for 2 weeks after treatment, unless taking aspirin for a heart or clotting condition.
- If you received the O-shot® for urinary incontinence, you might notice an immediate improvement, followed by a return of incontinence for a period of time (a few weeks), followed by consistent improvement as the new tissue begins to regenerate.
- It's normal to see a small amount of bruising around the injection sites. You might even notice a small amount of bleeding.

**Please contact us if you have any questions or concerns: (208) 339-0106**

call/text (208) 339-0106  
integrativewellnessidaho.com  
integrative.wa@gmail.com

**Integrative Wellness & Aesthetics**

**115 S 15th Ave**  
Pocatello, ID 83201  
**1388 Cambridge Dr**  
Idaho Falls, ID 83401