

P-Shot Procedure Aftercare Instructions

Thank you for choosing the P-Shot procedure. This treatment uses Platelet-Rich Plasma (PRP) derived from your own blood to stimulate tissue regeneration, improve blood flow, and enhance sexual function. Following the correct aftercare will help maximise your results and reduce the risk of complications.

IMMEDIATELY AFTER TREATMENT

Mild Swelling, Redness, or Tenderness• You may notice mild swelling, redness, or bruising at the injection sites. • These effects are normal and should improve within 24–48 hours.

Activity• You may resume normal daily activities immediately after the procedure. • Avoid intense physical activity involving the groin area for the first 24 hours.

Sexual Activity• You may engage in sexual activity the same day unless instructed otherwise by your provider. • A mild ache or sensitivity during intercourse may occur for the first 24–48 hours.

FOR THE FIRST WEEK

Pumping Exercises• If your provider has recommended a penile pump, use it exactly as instructed. • Typically, this involves several short sessions per day to improve blood flow and support PRP distribution.

Avoid Irritants• Avoid applying perfumed lotions, creams, or oils to the treated area unless prescribed. • Wear clean, breathable underwear to prevent friction and irritation.

Hygiene• Keep the area clean and dry. • Showering is safe after 4–6 hours, but avoid hot baths, saunas, or jacuzzis for 48 hours.

FOR THE FIRST MONTH

Sexual Function• Many clients notice improvements within 3–6 weeks, with results continuing to build for up to 3 months. • Continue any recommended exercises or pump routines to maximise benefits.

Avoid Trauma• Be mindful to avoid excessive pressure, pulling, or friction during healing.

Common Side Effects• Mild swelling, redness, or tenderness at injection sites. • Light bruising in the treated area. • Temporary increased sensitivity. These usually resolve within a few days.

When to Contact Us Immediately• Severe pain or swelling. • Significant bruising or bleeding that does not improve. • Signs of infection: redness, warmth, pus, or fever. • Numbness or unusual loss of sensation.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

PATIENT CONFIRMATION *

I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.