



V-Spot Shot®: Patient Pre and Post Instructions

The V-Spot Shot® is a procedure that has been developed and shown to improve the sexual responsiveness and sexual enjoyment for women for several months. The V-Spot Shot® can be a life changing procedure for women who desire a more fulfilling sexual experience. The procedure involves the injection of hyaluronic acid dermal filler into the “Grafenberg” tissue or “G-Spot” – located on the anterior wall of the vagina. The procedure will enlarge, thicken and firm up this tissue to improve a woman’s sexual responsiveness and her pelvic floor orgasms.

PRE TREATMENT & PROCEDURE:

Prior to your procedure, you will discuss the details of your treatment with your physician. It is best to avoid the procedure during menstruation and/or if you have any active vaginal infections (Yeast, HSV, BV, etc.) **The V-Spot Shot®** procedure will start by identifying the sensitive “Grafenberg” spot on the anterior/inner wall of the vagina. A topical anesthetic will be applied to the area and time allowed to numb the area to be injected. A speculum is then inserted and dermal filler is carefully injected into the G-spot with a small needle. 1-2 cc’s of dermal filler can be used – based upon your hormonal status, age, personal anatomy and desired results. You may experience a slight pinching sensation during the procedure, but any discomfort should be minimal and transient.

POST TREATMENT:

After the procedure you may continue normal daily activities including exercise. The side effects of **The V-Spot Shot®** procedure includes, but are not limited to: post procedure sensitivity, transient numbness in the area, bleeding, spotting, tingling, achiness, swelling, pressure and unintentional orgasm. These side effects are common and typically subside within 24 hours. It is recommended to wait 24 hours after your injection before having sexual intercourse to allow the injection points to heal. **The V-Spot Shot®** procedure is temporary, but may be repeated periodically as desired. Individual effects vary; there may be short and long term improvements to your sexual wellbeing. The effects can last up to 12 months however this depends on activity and the body’s metabolism of the filler. It is recommended that you repeat treatment every 6-12 months as needed.

Causes for concern: Please call VanderVeer Center immediately at **503-443-2250** if you are experiencing significant bleeding or severe pain.

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