

AFTER YOUR APPOINTMENT

O-Shot

Follow your injector's personalized instructions, which may differ based on your treatment and medical history.

Follow your provider's personal instructions if they differ from this guide.

01 KEEP THE AREA CLEAN

- Mild tenderness and light spotting may last 24-48 hours. Avoid rubbing. Call [801-281-3223](tel:801-281-3223) if spotting increases or lasts longer.
- Shower within 12-24 hours and gently pat dry.

02 FOLLOW CLINIC TIMINGS

- Avoid sex and tampons for 48 hours, unless your injector gives different instructions. Contact us before restarting if pain or bleeding continues.
- Avoid swimming and hot tubs for seven days.
- Keep your planned follow-up to review healing and discuss your response. Recovery and longer-term changes vary.

03 USE MEDICINES SAFELY

- Avoid nonprescription NSAIDs, including ibuprofen, for 24 hours. Confirm your medication plan; never stop prescribed medicines without the prescriber's advice.
- If safe for you, use acetaminophen according to its label; avoid duplicate products. Ask your clinician first if you have liver disease.

GET HELP PROMPTLY

Call [911](tel:911) for trouble breathing, fainting with heavy bleeding, or rapidly worsening symptoms that make you feel seriously unwell.

Go to the ER for heavy or uncontrolled bleeding, inability to urinate, or severe pelvic pain.

Call [801-281-3223](tel:801-281-3223) promptly for fever, increasing pain or swelling, foul-smelling discharge, or burning with urination. If unavailable, seek urgent medical care; do not wait for an email or social-media reply.

QUESTIONS? CALL YOUR TREATMENT LOCATION.

Murray (801) 675-8954

Riverton (385) 209-1072