

0-Shot After-care Instructions

- There is actually little to no down time following your 0-Shot® procedure.
- You may return to work the same day.
- Please do not use aspirin or other NSAID pain relievers (Advil, Motrin, Aleve) for one week after the procedure. You may use acetaminophen (Tylenol) as directed on the label and/or apply an ice pack to the area for any discomfort.
- We recommend waiting three days before intercourse or using tampons.
- Most patients will notice an immediate improvement in sensation, but it may take several weeks to achieve maximum results. If you have a history of bladder incontinence, this should improve within a few days of your procedure.