

SHAPE

Women Are Getting Shots Where?!?!

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By [Jene Luciani](#)



Your girly parts are likely the last place you'd want any sharp object, but an increasing number of women are electing to let a doc inject hyaluronic acid—a gel commonly used to iron out wrinkles or to plump up lips—into their private parts—all in the quest for better sex, of course. (And some people thought *Fifty Shades of Grey* was shocking...)

The procedure, known as the G-Shot or G-Spot Amplification, was created by Beverly Hills plastic surgeons [David Matlock, M.D.](#), and [Alexander Simopoulos, M.D.](#) While they have been performing it on patients for more than six years, it's gained so much demand that other docs around the country have also begun offering G-Shots under the duo's training and guidance.

"We realized that by injecting filler into a woman's g-spot area, we could enhance her sexual pleasure and gratification," Dr. Matlock says. The shot works

by enlarging the area along the anterior of the vagina that's known to be a highly sensitive erogenous zone to about the size of a quarter and the thickness of pencil eraser. "That makes the g-spot project lower into the vagina, making it easier to 'find' and stimulate during sex," says [Yael Varnado M.D.](#), an anesthesiologist in Washington, D.C.

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While it may seem extreme, it apparently *does* work for some women. In a pilot study performed by UCLA researchers and commissioned by Dr. Matlock and his partners, 87 percent of the 20 female participants reported enhanced sexual gratification after having the G-Shot procedure.

It's important to note that while the injection is gaining popularity, hyaluronic acid is not FDA-approved for vaginal use, and the American College of Obstetrics and Gynecology does not endorse it as effective or safe. But doctors say the shot is relatively safe and painless. "I always tell patients that it's a lunchtime procedure because it can be done on their midday break with no downtime or recovery," Dr. Matlock says. You can even have sex that night.

To determine where to place the needle, patients are first asked to do a self-exam to locate the spot inside their vagina that feels good to touch. Then the doctor administers the numbing agent lidocaine before injecting the G-Shot into that area. While rare, there are a few risks (as with any injection), such as potential infection in the area or issues with urinary retention. Each shot costs about \$2,000 and lasts four to six months.

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If you decide to give the shot a shot, be sure to find a physician near you who is trained in the procedure by visiting [Matlock's G-Shot site](#). Once you arrive for your appointment, talk to the doc before you strip down. "Ask how many times he or she has performed this procedure and what his or her own personal success rate is," Dr. Varnado recommends. "Just because the pilot study showed an almost 90 percent success rate doesn't mean that that doctor's particular patients are as thrilled with the results."

Of course, expensive needles aren't the only way to improve your chance at pleasure and a better orgasm. Vibrators and positions such as woman on top can also help simulate your g-spot. And since not all women enjoy g-spot touch, play around: "The location and position of your uterus can impact what positions are comfortable and most pleasurable for you, so just try them all!" Dr. Varnado says.

Dr. David Matlock / Shape.com — Oct. 29, 2012