

Qwo (Injectable Cellulite Treatment) Instructions

Pre-Qwo Instructions:

- **DO NOT** take any medications or supplements that increase bruising, including: advil, motrin, ibuprofen, aspirin, coumadin, fish oil, vitamin E, turmeric supplements.
- The ideal time to schedule this procedure is at LEAST 4 weeks before a big event.
- **DO** inform your nurse or physician if you have a history of anaphylaxis, and if you are pregnant or nursing.

Post-Qwo Instructions:

- **Do** avoid strenuous exercise for 48 hours after treatment.
- **Do** avoid medications and supplements that may increase bruising for 48 hours following treatment.
- **Do** consider compression garments (Spanx, Biker shorts) for 2-4 days following treatment to improve comfort.
- **Do AVOID SUN EXPOSURE** during treatment and for 2 months following last treatment to avoid post-inflammatory discoloration.
- **What to expect after treatment:**
 - a. **Bruising:** Bruising is moderate to severe following Qwo treatment. 84% of study patients experienced bruising following treatment with Qwo. Bruising is often eggplant-purple and encompasses the entire buttock. Bruising typically resolves within 2-4 weeks. The first Qwo treatment has the most significant bruising, and bruising typically lessens in severity with repeated treatments. The chance of significant bruising can be lessened by avoiding medications, supplements, and foods that can thin the blood (examples: Advil/ibuprofen, aspirin, alcohol, vitamin E, fish oil).
 - b. **Soreness/discomfort/pain/warmth:** usually mild in nature and occurs during the first several days after treatment. Discomfort is typically not significant enough to interrupt daily activities. Soreness was not correlated with sometimes dramatic appearance of bruising. Extra strength Tylenol can be taken to lessen discomfort associated with Qwo treatment.
 - c. **Swelling:** Swelling or fullness is likely to occur following treatment. This is a normal side effect and can persist for up to approximately 1-2 weeks following treatment.

Remember to schedule your next appointment in 3-4 weeks.

Qwo requires 3 sessions for optimal treatment.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.