

# QWO CELLULITE TREATMENT

## PRE AND POST CARE

Qwo is FDA-approved as an injectable treatment for moderate to severe cellulite on the buttocks of adult women. A series of treatments is recommended for proper results.

### PRE-TREATMENT INSTRUCTIONS

- Do not consume alcoholic beverages at least 24 hours prior to treatment to decrease the risk of bruising.
- Avoid anti-inflammatory/blood thinning medications, if possible, for a period of 2 weeks before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Schedule your appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or a vacation. Bruising may take months to fully resolve.
- You are not a candidate if you are pregnant or breastfeeding.

### POST-TREATMENT INSTRUCTIONS

- Avoid strenuous exercise or straining for 48 hours following treatment
- Avoid medications and supplements that may increase the chance of bruising for 48 hours following treatment
- You may wear compression garments (Spanx, biker shorts) following treatment to improve comfort

### WHAT TO EXPECT POST TREATMENT

- 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).

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The following may help to improve bruising:

- Arnika Forte starting 1-3 days before treatment and continue until bruising has resolved. Take as directed on bottle.
- Avoid excessive sun exposure during treatment and for 2 months following last treatment to avoid postinflammatory hyperpigmentation (skin discoloration) in the area of treatment.
- 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.

- 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.

Please call/text us at 619 692 9300 AND email photos to [patients@beautyandbodylounge.com](mailto:patients@beautyandbodylounge.com) with any concerns

