



QWO™ - PRE & POST TREATMENT INSTRUCTIONS

Pre-Treatment Recommendations

- 7 DAYS BEFORE treatment (to prevent bruising): Avoid blood thinning over-the-counter medications such as Aspirin, Motrin, Ibuprofen, and Aleve. Also avoid herbal supplements, such as Garlic, Vitamin E, and Omega-3 capsules. Please note: If you have a cardiovascular history, please check with your doctor prior to stopping use of Aspirin.
- Plan your treatment accordingly as for most aesthetics procedures. Post-injection site bruising is common with QWO™ treatment related to its natural enzymatic reaction with the fibrous bands of the cellulite. We recommend you plan your treatment around the time you might want to wear a bikini or swimsuit, etc.
- Do not drink alcoholic beverages 24 hours before (or after) your treatment to avoid extra bruising.
- Do not have QWO treatment if you are pregnant or breastfeeding, are allergic to collagenase, or suffer from any bleeding disorders.

Post-Treatment Recommendations

- Majority of the patients experience bruising after first treatment, and the severity of bruising subsequently lessens after each additional treatment session. The bruising is related to the mechanism of action of QWO™ and not to the process of injection.
 - Please wear compression garments for the first week to help clear bruising a little bit faster. You may take your compression garments off for bathing, swimming and working out, but keep them on the rest of the time.

- Ice the area for the first week 2-3 times per day for 15 minutes at a time. After the first week you may apply warm compress afterward to facilitate faster clearing of the bruising. In general, our body will absorb, and untreated bruising will fade in 10 to 14 days (sometimes 4 weeks)
- AVOID aspirin or ibuprofen products as they may increase your potential to bruise.
- You might experience minor pain, itchiness at the injection site. You may take Acetaminophen/Tylenol if you experience any mild tenderness or discomfort.
- There is no limitation on exercise or activity after treatment.
- There is no need to RUB OR MASSAGE the treated area(s).
- AVOID drinking alcohol for a minimum of 24-48 hours as this may contribute to bruising and/or swelling.
- AVOID extended UV exposure until bruising has subsided. Be sure to apply an SPF 40 or higher sunscreen.
- Please be sure to schedule your next treatment in 21 days. We will have you follow up 28 days after your 3rd and final treatment: for the final assessment of your results. Please call or text our office should you have any questions or concerns regarding your QWO™ treatment or aftercare at 541.298.5066 or after-hours at 541.806.5066