



QWO[®] PRE + POST CARE

PRE-TREATMENT CARE:

- This treatment is not recommended if you have an important event within 2 weeks of injection due to the potential for bruising (if you plan to wear a swimsuit or something that reveals the treated area).
- To minimize bruising, avoid blood thinners for 2 weeks before treatment unless you have been instructed to take blood thinners for a medical reason from your PCP.
- For patients who are on anticoagulants or antiplatelets, you must obtain permission from your primary care provider (PCP) before pausing your medication. You must also obtain permission from your PCP to receive QWO[®] if you have a history of any bleeding disorders or coagulation issues.

POST-TREATMENT CARE:

- For the first 5 minutes following QWO[®], remain flat on your stomach before leaving the clinic.
- Use compression (Spanx are great!) for 5-6 days after your QWO appointment.
- Limit aggressive cardio or leg workouts for 48 hours.
- Ice injection sites for 48-hours after your QWO appointment (never ice for more than 20 minutes at a time).
- Use heat along injection sites starting on day three to promote lymphatic drainage and expedite healing time.
- Exfoliate in the shower or dry brush as soon as you can tolerate it! This will help minimize the amount of bruising and "staining" you see after your QWO appointment.
- Avoid irritating products for 24 hours following your injections (retinol, Vitamin C, etc.)
- Bruising in the area injected is normal and expected. Bruising can last up to several weeks. Using/taking Arnica before and after injections may help diminish bruising.
- Although rare, infection in the injected area is possible. Signs of infection may include redness and tenderness in the infected area and fever. Should you develop an infection, antibiotics may be necessary. Please contact us should you have any concerns.
- Patients may return to normal activities following QWO[®] injections, as tolerated.