



Pre and Post Care for Qwo Injection

Pre-Instructions:

- You should not be pregnant, nursing an infant, have a history of a bleeding disorder, autoimmune disease or infection of the area to be treated.
- The morning of your treatment, you may take tylenol if you are able to tolerate this medication.
- Please avoid alcohol and drugs 48 hours before your treatment.
- Avoid blood thinners (plavix, coumadin, aspirin, motrin, aleve, or celebrex) for 48 hours before your treatment.
- Avoid applying lotion to the area being treated the day off your treatment.
- Wear the black thong underwear provided when you arrive for each treatment. Additional thongs may be purchased on treatment days.
- Wear a light colored pair of leggings for additional photos for each treatment session.
- Arnica and Bromelain are recommended oral supplements to take a few days before and for up to one week after each treatment to help with bruising. Topical Arnica or Alastin may be applied for up to one week also. These will be offered for purchase at the time of your consultation.

Post Care Instructions:

- Ice packs may be used in the treated area during the first 12 hours.
- Do not massage the injection site for the first 24 hours.
- You may take tylenol 500mg up to four times daily beginning the day of your treatment and for the following four days
- Avoid exercise for 24 hours.
- Avoid alcohol, plavix, coumadin, aspirin, motrin, aleve, or celebrex for 24 hours after your treatment to reduce bruising.
- A compression garment (Spanx or similar) may help with discomfort but is not required.
- Arnica, Bromelain, and Alastin may reduce bruising and are available for purchase.
- Notify the office if you develop any significant swelling, bleeding, pain, rashes, or fever.
- Bruising is expected and may last 7- 10 days. On occasion, the skin may remain discolored in the treatment areas.
- As explained not all cellulite will respond to Qwo treatments. There may be alternate treatments available.
- Results are not guaranteed and are non refundable.
- Repeat treatments should be scheduled 21days apart.
- We will take photos before each treatment session and after photos no sooner than 28 days after your third and final treatment.
- Treatments to improve skin laxity and a topical cellulite cream (Skin Medica's Firm and Tone Lotion) may improve the appearance of the skin.

First Treatment: _____

Third Treatment: _____

Second Treatment: _____

Follow up Photos: _____