

SOUTHEASTERN

DERMATOLOGY

MEDICAL · SURGICAL · COSMETIC

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Post Procedure Instructions: Qwo

- 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, but is not necessary for optimal results

WHAT TO EXPECT:

- 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).

THE FOLLOWING MAY HELP TO IMPROVE BRUISING:

- Arnica Montana 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 post-inflammatory hyperpigmentation (skin discoloration) in the area of treatment.
- Soreness, discomfort, and warmth is usually mild in nature and occurs during the first several days after treatment. Discomfort is typically not significant enough to interrupt daily activities. Soreness may occur but is not always correlated with severe bruising. Extra strength Tylenol can be taken to lessen discomfort associated with Qwo treatment.
- 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 contact the office if you have any questions or concerns.

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

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