



## POST CARE INSTRUCTIONS FOR QWO FOR CELLULITE

1. Immediately after treatment, the treated area may feel sore, tender, and swollen. This soreness may last several days after treatment, almost like one has performed an intense workout.
2. Extra Strength Tylenol can be taken to help manage any discomfort. Warm compresses or ice may also be used as needed, but is often not necessary.
3. Compression garments such as biker shorts or SPANX can be considered post treatment for further comfort. These are not always necessary.
4. Bruising is expected to be moderate to severe following Qwo treatment. 84% of study patients experienced bruising following treatment with Qwo. Bruising is often dark, eggplant-purple and encompasses the entire region of the buttock that was treated.
5. Bruising typically resolves within 2-4 weeks. The first Qwo treatment has the most significant bruising and bruising typically lessens in severity with each treatment. The chance of significant bruising can be lessened by avoiding medications, supplements, and foods that can thin the blood (see pre-care instructions)
6. Avoid exercise and/or straining of the treated for the first 48 hours.
7. Small areas of hardness can occur in the treated area following Qwo treatment. These will resolve on their own with time.
8. Your treatments are to be scheduled 3-4 weeks apart. Please plan accordingly.
9. Contact our office with any questions or concerns.