



PRE-TREATMENT INSTRUCTIONS FOR QWO FOR CELLULITE

We can't wait to see you! Here are some pre-treatment instructions and recommendations to review before your appointment.

1. Please arrive with clean skin, void of make up, moisturizers, lotions, etc.
2. Inform your provider of your medical history and any medications that you take, both prescription and over the counter.
3. Inform your provider if you are pregnant or breastfeeding. QWO treatment cannot be performed while pregnant and/or breastfeeding.
4. Avoid the use of NSAIDs (Advil, Aspirin), herbal teas, fish oil, Ginkgo Biloba, Garlic supplements, and other blood thinning supplements and medications for at least 1 week prior to your treatment. This is to decrease the risk of bruising.
5. Avoid alcohol 24 hours prior to your treatment, as the use of alcohol also increases your risk of bruising.
6. You can take over-the-counter Arnicare tablets 2-3 days prior to your appointment to help decrease bruising.