



QWO Cellulite Treatment Instructions

Qwo is a novel treatment for the condition of moderate to severe cellulite. Cellulite is not caused by what you eat or how much you exercise. The three contributing factors to cellulite are skin quality, fat cells and fibrous bands. Cellulite is often a genetic predisposition and it affects 90% of women.

Qwo is an injectable treatment that targets the fibers of collagen that bind the skin of buttocks to the layers of tissue beneath, causing cellulite dimpling and banding. Qwo is made of two enzymes that eat away at the fibrous bands in cellulite, releasing them to allow the fat cells to redistribute, while stimulating healthy collagen in the area treated. The end result is smoother, tighter skin in the area treated. Qwo is thought to have a long-term or permanent result.

Qwo requires 3 treatments, that are each spaced 3 weeks apart. With each treatment, subtle improvement is expected and will be documented with photographs.

In preparation for your Qwo treatment, this is what you should know:

- The treatment will take no longer than about 10 minutes. You will be required to lay down for a few minutes following the treatment so please be prepared to spend about 30 minutes total in your appointment for Qwo.
- Please wear or bring Spanx or spandex leggings or bike shorts to your appointment. Applying firm pressure to the treatment areas (buttocks and/or thighs) has been antidotally shown to provide comfort and may improve outcomes.
- Injections are not typically perceived as painful. Distractors will offer comfort during your treatment.
- EVERY patient treated with Qwo should expect extreme, dark purple bruising in the areas treated, lasting up to two weeks following treatment. The first appointment is generally the most dramatic bruising and this is an expected outcome, not something to fear or feel concerned about. You can eliminate Aspirin, anti-inflammatories, fish oil and other blood thinning supplements/medications a week prior to your treatment but it is not required and regardless, you should expect bruising.
- Following your treatment, this skin may feel tender where injections were placed, and you may feel like you have small nodules in those areas. This typically resolves quickly, within days of your appointment.
- The timing of your repeat treatments is crucial. Each should be spaced 3 weeks apart.
- Photos will be taken at each visit, and 3 weeks after the last treatment.