

# WHAT YOU NEED TO KNOW BEFORE & AFTER YOU



## ▶ BEFORE YOUR TREATMENT

While there is no required down time following your QWO treatment, it is important to know that QWO causes significant bruising and tenderness in everyone who is treated. Some people report mild pain after the treatment but most go back to their daily routines within a couple of days, reporting only tenderness and soreness. Here are a few things you can do to reduce the bruising, tenderness and swelling, and to be prepared following your treatment:

- Don't drink alcohol 3 days prior to treatment.
- Two weeks prior to treatment, do not take over-the-counter anticoagulants (blood thinners) like Motrin, Ibuprofen, Advil, Aleve, Aspirin. If you have been told by your doctor that you must take blood thinners or you have been a prescribed blood thinner, please discuss with your treatment provider;
- Two weeks prior to treatment, avoid supplements such as omega 3/ fish oil, ginkgo, ginseng, & St. John's Wort which can increase bruising.
- Take Arnica or bromelain tablets 7-10 days prior to treatment.
- Make sure you have a heating pad at home.
- Make sure you have a chilled cool pack at home and ready to go.
- If you have a sit-down job, you may want to take 1-3 days off. You should expect some tenderness and sitting may make it worse. It is not required that you refrain from sitting but it may make you more comfortable.
- Buy a few pair of Spanx panties or some type of light compression garment.
- Hydrate! Drink at least eight 12-ounce glasses of water daily starting 48 hours before your scheduled treatment day.

## ▶ TREATMENT DAY

- Plan to be with us for an hour and a half.
- Please wear black thong panties. We will need to mark your booty to identify the dimples that will be treated. We will also take photos before your treatment begins.
- Don't forget to bring your Spanx/compression panties to your appointment.
- The injections take only 15-20 minutes.
- After your injections, you will lay face down/booty up in our office for 20 minutes. We will apply cool compress during that time to help reduce swelling and provide comfort.

## ▶ AFTER YOUR TREATMENT

- For the next 72 hours, we recommend applying cold compresses (not direct ice) to the treated areas every 2 hours, for 20 minutes at a time.
- Bruising will begin immediately after treatment and will continue to worsen over the next 2-4 days. This is normal.
- Limit sitting for long periods of time depending upon your level of tenderness or soreness.
- You may notice lumps or bumps at the injection sites for several days to two weeks. Using gentle massage with the skin care product recommended by your treatment provider should help these resolve sooner.
- On day 4, you can apply warm compresses or sit on a heating pad LOW HEAT level for 20 minutes at a time, 2-3 times per day. This may help the bruising resolve sooner.

