

Body+Beauty Lab®

QWO®

QWO (collagenase clostridium histolyticum-aacs) is FDA-approved as an injectable treatment for subcutaneous use for the treatment of moderate to severe cellulite on the buttocks of adult women. QWO is injected into the fat (subcutaneously) of each single buttock (treatment area) by your Body+Beauty Lab healthcare provider. A series of treatments is recommended for appropriate results. You may receive up to 12 injections per treatment area and each treatment visit may include up to 2 treatment areas. QWO injections will be given 21 days apart for a total of 3 treatment visits. Visible results may be achieved in 10 weeks. QWO has been studied in more patients than any other FDA-approved injectable cellulite treatment, with over 1,800 women participating.

PRE-TREATMENT CARE:

1. Do NOT consume alcoholic beverages and/or smoking at least 2 days prior to treatment to decrease the risk of bruising, and 2 days post-treatment. To mitigate bruising, it is recommended to take Arnika Forte Kit starting 1-3 days before treatment.
2. Tell your Body+Beauty Lab provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements, especially if you take a medicine that prevents the clotting of your blood (antiplatelet or anticoagulant medicine). Avoid anti-inflammatory/blood thinning medications for a period of 2 weeks prior to the treatment. Medications and supplements such as Vitamin E, Gingko Biloba, Ginseng, St John's Wort, Omega 3/Fish Oil supplements, aspirin, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS, have a blood thinning effect and can increase the risk of bruising and swelling after injections.
3. Before receiving QWO, tell your Body+Beauty Lab provider about all of your medical conditions, including if you:
 - have had an allergic reaction to a QWO injection in the past
 - have a bleeding problem
4. You are not a candidate for QWO if you are pregnant or breastfeeding.
5. Do not schedule this treatment if you are allergic to any collagenase or to any of the ingredients in QWO.
6. Do not schedule this treatment if you have an active infection in the treatment area.
7. Day of procedure avoid shaving, laser hair removal, electrolysis, waxing, threading and use of depilatory creams. Do not apply creams or lotions to the area being treated. Wear loose fitting clothing.
8. Schedule your appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or a vacation. Bruising may take weeks to resolve.

POST-TREATMENT CARE:

1. QWO may cause serious allergic (hypersensitivity) reactions including anaphylaxis. **Serious hypersensitivity (allergic) reactions including anaphylaxis are extremely rare but have been reported following collagenase clostridium histolyticum use. If you experience shortness**

of breath and trouble breathing, chest pain, low blood pressure, dizziness or fainting, hives, swollen face or body swelling, enlarged lips, fever or other systemic symptoms, contact your healthcare provider immediately and your Body+Beauty Lab provider. If your symptoms are severe, call 911.

2. The most common side effects of QWO include severe bruising, pain, areas of hardness, itching, redness, tenderness and pain, numbness or sensitivity changes, discoloration, mild bleeding, swelling and warmth in the treatment area. These are not all of the possible side effects of QWO:

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). We recommend taking the following to improve bruising:

- Arnika Forte Kit starting 1-3 days before treatment and continue until bruising has resolved. Take as directed on bottle.
- Avoid sun exposure during treatment and for 2 months following last treatment to avoid post-inflammatory hyperpigmentation (skin discoloration) in the area of treatment.

Swelling: 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.

Avoid anti-inflammatory/blood thinning medications for a period of 3-4 days post-treatment. Medications and supplements such as Vitamin E, Gingko Biloba, Ginseng, St John's Wort, Omega 3/Fish Oil supplements, aspirin, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS, have a blood thinning effect and can increase the risk of bruising and swelling after injections.

Soreness/discomfort/pain/warmth: Usually mild in nature and occurs during the first several days after treatment. Discomfort is typically not significant enough to interrupt daily activities. Soreness was not correlated with sometimes dramatic appearance of bruising. Extra strength Tylenol can be taken to lessen discomfort associated with QWO treatment.

3. Avoid strenuous exercise or straining for 48 hours following treatment. Elevating your core temperature and increasing your heart rate via exercise will cause more swelling.
4. Avoid shaving your legs for 4 days post-treatment, showering until 24 hours post-treatment, and baths or stagnant water for 7 days post-treatment.