

THE PEARL

DERMATOLOGY

QWO (kwoe) (collagenase clostridium histolyticum-aes)

How do I prepare for my procedure?

Tips to minimize bruising. Avoid the following 2 weeks prior to your treatment:

- All anti-inflammatories and blood thinners, including prednisone, aspirin, naproxen, ibuprofen, etc. If you need these products for your health, please do not stop your medication without permission from your primary healthcare provider.
- Supplements that can increase bruising, some of which include alpha-lipoic acid, acetyl-L-carnitine, cinnamon, clove, CoQ10, chamomile, creatine, echinacea, ephedra, fish oil, garlic, ginger, ginkgo, ginseng, glucosamine, glutamine, goldenseal, L-carnosine, licorice, milk thistle, resveratrol, turmeric, St. John's wort & vitamin E.
- Bruising may be partially prevented and may resolve faster with topical Arnica Montana solution and oral supplements that include Arnica Montana, bromelain, and antioxidants which can be found online or at WholeFoods. We carry the **Cyto-Active** for \$54. You can start using the product immediately following the procedure.

What should I expect after my procedure?

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 and supplements listed above.

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.

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.

Hypersensitivity reaction Serious hypersensitivity (allergic) reactions including anaphylaxis are extremely rare but have been reported following collagenase clostridium histolyticum use. If you experience shortness of breath, hives, swelling, enlarged lips, or other systemic symptoms, contact our office immediately. If your symptoms are severe, call 911.

What to do following treatment:

- Wear compression garments (Spanx, biker shorts) for 2-4 days following treatment to improve comfort
- Avoid strenuous exercise or straining for 48 hours following treatment
- Avoid medications and supplements that may increase the chance of bruising for 48 hours following treatment
- Use skincare and supplements to reduce severity of bruising as outlined below: