



Skin Fitness Powered by a Plan®

QWO Pre and Post Treatment Instructions

Prior to treatment:

There are no pre-treatment instructions for this injection.

Immediately after QWO treatment:

There are no restrictions following your QWO treatment. You may apply Arnicare and take Epsom salt baths to help with discomfort and bruising if needed.

First week post-treatment:

- Deep significant bruising lasting up to 2-3 weeks
- Mild soreness/tenderness lasting up to 2-3 weeks

Schedule an appointment two to four weeks post treatment with your provider to review your results and to take post-treatment photos.

Please call our office if you have any questions or concerns.