



I authorize \_\_\_\_\_ of The Spa at Mecca to perform QWO<sup>tm</sup> (collagenase clostridium histolyticum-aaes) treatment on me. This is an FDA approved non-surgical prescription medicine for the treatment of moderate to severe cellulite in the buttocks of adult women.

QWO may include of up to 3 treatment visits spaced 21 days apart. It is injected directly into targeted dimples in the buttocks using a small needle.

**Possible adverse reactions (generally resolve within 21 days):**

- Injection Site Bruising
- Injection Site Pain
- Swelling
- Discoloration
- Injection Site Mass and/or Nodule formation
- Hypersensitivity

If any of these reactions persist past 21 days, please call our office is you feel you need a follow-up.

**Contraindications:**

- Pregnancy
- Lactation
- Pediatric and Geriatric use
- Allergic to collagenase or any ingredients in QWO

I consent to the photographs and digital images being taken and used to evaluate treatment, effectiveness, for medical education, training, professional publications, or sales purposes. No photographs or digital images revealing my identity will be used with my written consent. If my identity is not revealed, these photographs may be used, shared and displayed publicly. (Cross out any component of this section that you do not wish to consent to).

The treatment potential benefits and risks, and alternative treatment options have been explained to my satisfaction. I have read and understand all information presented to me before agreeing and authorizing treatment. I have had all of my questions answered. I consent to thee proposed treatment today as well as for future treatments if needed.

Patient Name (Print): \_\_\_\_\_ Provider/Coordinator Name: \_\_\_\_\_

Patient Signature: \_\_\_\_\_ Provider/Coordinator Signature \_\_\_\_\_

Date: \_\_\_\_\_ Date: \_\_\_\_\_



## QWO (Injectable Cellulite Treatment) Instructions

It is important to note that QWO requires a series of 3 sessions, spaced 3 weeks apart, for optimal treatment. The following instructions pertain to each individual session.

### **Pre-QWO Instructions:**

- **DO NOT** take any medications or supplements that increase bruising, including: ibuprofen (Advil®, Motrin®), aspirin, warfarin (Coumadin®), fish oil, vitamin E, turmeric supplements, etc.
- The ideal time to schedule this procedure is at LEAST 4 weeks before a big event.
- **DO** inform your physician if you have a history of anaphylaxis, and if you are pregnant or nursing.
- **NO** other body treatments such as (but not limited to) Laser Lipo, Radio Frequency, CoolSculpting®, etc. within 48 hours prior to QWO treatment.

### **Post-QWO Instructions:**

- **Do** avoid strenuous exercise for 48 hours after treatment.
- **Do** avoid medications and supplements that may increase bruising for 48 hours following treatment.
- **Do** consider compression garments (Spanx, Biker Shorts) for 2-4 days following treatment to improve comfort.
- **Do AVOID SUN EXPOSURE** during treatment and for 2 months following last treatment to avoid post-inflammatory discoloration.
- **What to expect after treatment:**
  - **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, i.e.: ibuprofen (Advil,) aspirin, alcohol, vitamin E, fish oil.

- **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 Extra Strength TYLENOL® (acetaminophen) can be taken to lessen any 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.
- **NO** other body treatments such as (but not limited to) Laser Lipo, Radio Frequency, CoolSculpting, etc. for 7 days after QWO treatment

**Remember to schedule your next appointment in 3-4 weeks!**

**We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.**