

This article originally appeared in the October 27, 2021 issue of Aesthetic Insights™. The full issue can be read at: <https://miinews.com/aesthetic-insights/post/fda-nixes-toxin-launch>



Aesthetic Insights™

October 27, 2021



Acoustic Shockwave Reduces Qwo Side Effects

Radial sound-wave technology (RSWT), sometimes known as acoustic shockwave, first came to the medical field to treat soft tissue injuries like fasciitis, tendonitis, and panniculitis. In time, practitioners realized that it could also help reduce patient recovery time and, sometimes, improve outcomes after surgical and non-surgical aesthetic procedures. ZWave (Zimmer MedizinSystems, Irvine, Calif.), a premier RSWT system, is catching on with practitioners to reduce the excessive bruising following Qwo (Endo Aesthetics, Malvern, Penn.) injectable treatment for cellulite reduction.

"We found that bruising diminished and that its duration decreased on average 50%, to seven days."

Qwo (collagenase clostridium histolyticum-aaes) is an enzymatic treatment of moderate-to-severe cellulite in the buttocks of adult women. It chemically targets and degrades the fibrous, collagen bands that cause dimpling. A well-documented side effect of Qwo treatments is a profound bruising at the injection site, which can reportedly last one to two weeks after each treatment. Sometimes, hemosiderin staining and / or post-inflammatory hyperpigmentation follows the bruising, which can cause prolonged pigmentation concerns.

"ZWave's high energy radial shockwaves are used to treat pain and swelling in soft tissue injuries, including those caused by liposuction, tummy tucks, and other surgical procedures," stated Michael Busic, Director of Zimmer USA's ZWave Division.

"Following non-surgical fat reduction like CoolSculpting or injection lipolysis treatments, for instance, ZWave therapy can hasten recovery, sometimes even enhance results."

In early FDA clinical studies of Qwo, pulsed dye lasers, arnica, compression, and cold therapy were attempted to resolve the bruising and the swelling caused by injections, added Mr. Basic. "Qwo causes damage in the fat, way below the skin's surface between 10 mm and 30 mm deep. Some of these other treatments can only go half a millimeter to a millimeter deep. We sensed that acoustic shockwave would help get rid of the bruising."

China Battista, APN-BC, is a nurse practitioner at Fourth N Main Modern Aesthetics (Asbury Park, N.J.). She employed ZWave for postoperative lymphatic drainage, sexual wellness, CoolSculpting, tattoo removal, Kybella treatments, and various plastic surgery procedures. She started using ZWave as an adjunct to Qwo injections. "Because of destruction of the collagen responsible for venule support, blood leaks into surrounding tissues causes significant bruising. It peaks four days after treatment and can last up to 14 days. The longer the bruising lasts, patients may be more susceptible to hyperpigmentation or staining of the skin. I tried many ways to mitigate the bruising, such as compression, ice therapy, lasers, and oral anti-bruising modalities. For the most part, they were ineffective."

The challenge was to find a modality that could effectively reach the depth of the injured tissue to speed recovery and minimize side effects. She implemented a series of RSWT treatments starting four days post-injection. "We found that bruising diminished and that its duration decreased on average 50%, to seven days," she noted. "The ZWave therapy consisted of treating each area once per week for the duration of the Qwo session recovery, only pausing for subsequent injections and resuming again on day 4. The ZWave definitely helps smooth out the skin and resolve some of the bruising. Sometimes, nodules can form with Qwo injections. It is fat necrosis or areas where the bands had calcified a bit. ZWave helps with that, too. Adding ZWave enhanced the results over using Qwo alone."



China Battista, APN-BC

At first, ZWave treatments were optional, she said, because of the added cost to the patient. However, since patients saw such improved results and had a better treatment experience, ZWave is now a routine part of the Qwo regimen.

"Patient satisfaction is high," she added. "It depends on how severe the cellulite is in the first place, and then how much of a mental impact cellulite had on a patient throughout their lives. The ideal candidate is someone who is younger and doesn't have skin laxity. If there's next to no skin laxity and only true cellulite, then you can get the best results. If they are older with more skin laxity, then they will still get a good result, but it's less than a wow. When there's a lot of skin laxity, I use a multimodality plan. I will often go in with more treatment modalities such as skin tightening, fillers, and some radiofrequency technology, besides ZWave. Most patients are very comfortable with the ZWave treatment. No one complains or stops showing up for appointments, and they are in and out in 10 to 15 minutes."

Please feel free to contact us directly at: info@miinews.com

© 2021 Medical Insight, Inc.