

# Z Wave (RSWT) Treatment for QWO® Side Effects and Increased Efficacy

Zimmer MedizinSystems White Paper Series - Volume 6

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Radial Soundwave technology (RSWT), sometimes known as shock wave technology, has a long history in medicine. It was first FDA cleared in the mid-1980s for use in lithotripsy. The energy generated by these systems was focused to greatly intensify the sound waves, thus becoming an important, non-invasive tool in kidney stone management. It was found that the same technology was successful in treating a variety of soft tissue injuries. While effective, the pain associated with the treatment typically required anesthesia. By defocusing the sound waves, equally effective treatment was still achieved, but with much greater tolerance, and without anesthesia. Usage of this defocused radial sound tends to be for chronic conditions like elbow tendonitis, Achille's rupture or tear and plantar fasciitis, making it a popular device in physical therapy. While these soft tissue injuries tended to be sports-related or due to trauma and accidents, it became clear that successful injury therapy was usually irrelevant to cause; treatment with RSWT is seen to help mitigate recovery and pain for post-surgical soft tissue injury, as well.

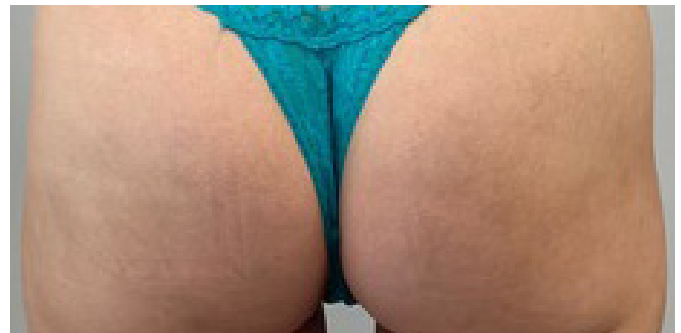
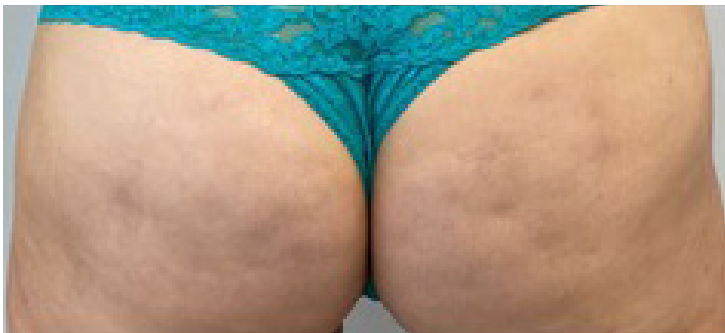


China Battista, Nurse Practitioner  
Fourth N Main Modern Aesthetics

In the aesthetic arena, RSWT is now commonly used after surgical procedures like liposuction and abdominoplasty, non-invasive lipolysis using cold or heat, and injectable chemical lipolysis. In these procedures, RSWT has been found to lessen pain and recovery time. In some cases, it has also improved outcomes.

We have recommended Z Wave as a stand-alone cellulite treatment when a patient presents skin laxity alone, without the evidence of skin tethering.

The newest injectable to the aesthetic market is QWO® (CCH-AAC), an enzyme that will dissolve Collagen Types 1 and 3 that are found in the fibrous bands responsible for skin tethering and dimpling in moderate to severe cellulite. Use on the buttocks in women is considered on-label. Used elsewhere, like the thighs, is considered an off-label application. I was honored to be chosen as one of the first practitioners to be able to work with QWO. As a medical advisory panelist for Endo Aesthetics, I was able to share my real-life patient outcomes and experience. Studies for this treatment have shown great improvement for moderate to severe cellulite.



**LEFT:** Before treatment. **RIGHT:** After - 90 days later. 3 QWO injections in conjunction with Z Wave treatment series. Z Wave treatments administered once a week, starting at day 4 post-injection, pausing for subsequent injections and resuming again at day 4 post-injection. Bruising was significantly diminished compared to QWO treatment without Z Wave as adjunct. (See photo on next page.) Bruising duration also decreased by an average of 50%, to 7 days. Photos Courtesy of China Battista.

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Due to collateral collagen destruction in the vessel walls, blood leaks into surrounding tissues, causing significant bruising. Sometimes, hemosiderin staining and/or PIH follows the bruising, which can cause prolonged pigmentation. Another somewhat common side effect is the occurrence of nodules. When I started injecting on-label in the glutes, I tried many different ways to mitigate the bruising (which could sometimes last 14 days). I used compression, ice therapy,



About 4 days after a QWO treatment, typical bruising. Photo Courtesy of China Battista.

*I first offered the additional Z Wave treatment as an option. However, due to my patients' improved experience and results, I no longer offer it as an option; it is now an integral part of my QWO regimen.*

lasers, and oral anti-bruising modalities but found them, for the most part, to be ineffective. The challenge became finding a way to effectively reach the depth of the injured tissue, ranging from 5-30mm, to speed up recovery and minimize side effects.

Having used RSWT in our practice for post operative swelling, sexual wellness, and skin laxity, I decided to try it on our QWO patients. I implemented a series of RSWT treatments starting at day 4 post-injection. I found that bruising was significantly diminished and that its duration was decreased by an average of 50%, to 7 days. Z Wave therapy consists of treating each area with 3000 pulses at 120mJ/16Hz once a week for the duration of the QWO session recovery, only pausing for subsequent injections and resuming again at day 4.

Adding Z Wave to the QWO recovery not only resulted in decreased bruising time, but it also helped resolve the nodules that often occur and resulted in a very smooth overall appearance post-treatment, enhancing the results from using QWO alone. Due to the increased expense of adding Z Wave, I first offered the additional Z Wave treatment as an option. However, due to my patients' improved experience and results, I no longer offer it as an option; it is now an integral part of my QWO regimen.

## FOR FURTHER READING

Bhatia AC, McLane MP, Priestley T, et al. Human Pharmacokinetics and Safety of Subcutaneous Collagenase Clostridium Histolyticum in Women. Journal of Drugs in Dermatology. 2020 Sept;19(9):852-856. <https://www.qwo-hcp.com/pdfs/human-pharmacokinetics-and-safety.pdf>

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