LENNY AESTHETICS • NURSE LED CARE

Anti Wrinkle Treatment Aftercare

Follow this guidance for the safest recovery and best results.

What to do

- Stay upright for 4 hours. Do not lie flat or press on the treated areas.
- No exercise, sauna, steam room or swimming for 24 hours.
- Do not massage, rub or have facials on treated areas for 2 weeks.
- Avoid alcohol for 24 hours to reduce bruising.
- Small bumps at injection sites settle within an hour. Mild bruising can last a few days.
- Results begin at 3 to 5 days and peak at 2 weeks.
- Book a review at 2 weeks if this is your first treatment.

Need to reach us

If anything feels unusual, get in touch straight away. Email Lenny4uclinic@gmail.com or contact the clinic through the website.

This guidance is general aftercare advice and does not replace bespoke instructions given to you at your appointment. Always follow the specific plan agreed with your clinician. © Lenny Aesthetics. For personal use only.