LENNY AESTHETICS • NURSE LED CARE

Medical Grade Chemical Peel Aftercare

Follow this guidance for the safest recovery and best results.

What to do

- Do not wash the face for at least 6 hours after your peel.
- Skin may feel tight, warm or look flushed. Peeling can start day 2 to 5.
- Do not pick, pull or exfoliate any flaking skin. Let it shed on its own.
- Use only gentle cleanser and prescribed post peel moisturiser for 7 days.
- Avoid retinol, acids, scrubs and vitamin C for 7 to 10 days.
- No exercise, sauna, steam or swimming for 48 hours.
- SPF 50 every 2 hours during daylight. Absolutely no direct sun exposure for 2 weeks.
- Contact the clinic if you experience unusual pain, blistering or prolonged swelling.

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.