LENNY AESTHETICS • NURSE LED CARE

Dermal Filler Aftercare

Follow this guidance for the safest recovery and best results.

What to do

- Expect swelling, tenderness and possible bruising for 3 to 7 days.
- Do not touch, massage or apply pressure to the treated area for 24 hours.
- No makeup for 12 hours.
- No exercise, sauna, steam or swimming for 48 hours.
- Avoid alcohol, blood thinners and anti inflammatories for 24 to 48 hours where clinically safe.
- Avoid dental work and facials for 2 weeks.
- Sleep on your back with your head slightly elevated for the first 2 nights.
- Contact the clinic immediately for blanching, severe pain or vision changes.

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.