LENNY AESTHETICS • NURSE LED CARE

Laser Hair Reduction Aftercare

Follow this guidance for the safest recovery and best results.

What to do

- Mild redness and warmth are normal for a few hours. A cool compress helps.
- Avoid hot showers, saunas, steam rooms and heavy exercise for 24 to 48 hours.
- No perfume, deodorant or actives on the treated area for 24 hours.
- Do not wax, pluck or thread between sessions. Shaving only.
- Daily SPF 50 on treated skin. Avoid direct sun and tanning for 4 weeks.
- Shed hairs may appear over 1 to 3 weeks. Gentle exfoliation after 7 days helps.
- Space sessions as advised for your skin and hair cycle.

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.