LENNY AESTHETICS • NURSE LED CARE

PRP for Face and Hair Aftercare

Follow this guidance for the safest recovery and best results.

What to do

- Leave the treated area untouched for 4 hours. Avoid washing, touching or applying products.
- Do not wear makeup for 12 to 24 hours.
- Avoid strenuous exercise, saunas and swimming for 48 hours.
- Avoid alcohol, blood thinners and anti inflammatories for 24 to 48 hours where clinically safe.
- Expect mild redness or swelling for 24 to 72 hours. Cool compresses help.
- For hair PRP, do not wash the scalp for 24 hours. Avoid dye and heat styling for 72 hours.
- Apply SPF 30 or above daily. Avoid direct sun for at least 7 days.
- Hydrate well and prioritise sleep to support your body's natural healing.

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.