LENNY AESTHETICS • NURSE LED CARE

# Wellness Vitamins, IV and Injections Aftercare

*Follow this guidance for the safest recovery and best results.*

## What to do

- Keep the injection or cannula site clean and dry for a few hours.
- Mild bruising or tenderness at the site is normal and resolves within days.
- Hydrate well for the next 24 hours to support absorption.
- You may resume normal activity immediately. Avoid heavy alcohol on the same day.
- Report any prolonged redness, warmth or discomfort at the site to the clinic.
- Follow the recommended frequency for sustained benefit.

## 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.