

MNRF +

Expected Downtime

- SUPERFICIAL PEELS: MILD REDNESS, DRYNESS, OR TIGHTNESS FOR 1–3 DAYS.
- MEDIUM-DEPTH PEELS: PEELING OR SENSITIVITY FOR UP TO 7 DAYS.

Before Your Session

- AVOID FACIALS, BLEACHING, WAXING, CHEMICAL PEELS, OR ACTIVES (RETINOIDS, AHAS/BHAS) FOR 5–7 DAYS.
- DO NOT TAKE BLOOD THINNERS (ASPIRIN, IBUPROFEN) 48 HOURS PRIOR UNLESS ADVISED BY A DOCTOR.
- AVOID SUN EXPOSURE AND TANNING FOR 7 DAYS.
- STAY HYDRATED.
- COME WITH A CLEAN, MAKEUP-FREE FACE.
- INFORM US OF ANY ACNE, COLD SORES, OR SKIN INFECTIONS.

After Your Session

- APPLY SPF 50+ EVERY 3–4 HOURS AND AVOID SUN FOR 5–7 DAYS.
- USE ONLY PRESCRIBED HEALING CREAMS, GENTLE CLEANSERS, AND MOISTURIZERS.
- NO MAKEUP, WORKOUTS, SWEATING, OR STEAM FOR 48–72 HOURS.
- DO NOT PICK OR SCRATCH THE SKIN.
- MILD SWELLING OR PINPOINT SCABBING IS EXPECTED.
- STAY HYDRATED AND SLEEP ON A CLEAN PILLOWCASE.

RARE Side Effects

- TEMPORARY REDNESS, SWELLING, DRYNESS
- TINY SCABS OR BRUISING
- RARE INFECTION OR ACNE FLARE-UP – REPORT ANY UNUSUAL SYMPTOMS

Note: No visible peeling does not mean the peel was ineffective.

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