

# THE SKIN DEEP METHOD



## LEVEL 3: REFINE (Face & Body) – MN Aftercare Checklist

Check off each step as you complete it during your 7-day Aftercare Recovery

*If following the 8-Week Microneedling System, it is recommended to pause Vitamin C and Tretinoin during the treatment and recovery period.*

### 24 Hours After Treatment: AVOID

Makeup, Sweating, Retinol, Actives, Vitamin C, Sun Exposure

#### Day 0: Hydrate

##### PM

- Avoid washing face and body for 12-24 hours
- Stayve Hyaluronic Acid
- Reapply if skin feels dry or tight

#### Day 1-2: Repair

##### AM

- Gentle cleanse, Cetaphil
- Optional: Merikit Regenerative Calming Serum
- Stayve Hyaluronic Acid
- Dr. Drawing Revital Cream
- CeraVe Invisible Mineral SPF 50

##### PM

- Gentle cleanse, Cetaphil
- Optional: Merikit Regenerative Calming Serum
- Stayve Hyaluronic Acid
- Merikit Ceramide E5 Intensive Cream

#### Non-Negotiable Rules - This is what protects your results

- No masks Day 0
- No actives for 3-5 days
- No stacking everything at once

**NOTE:** Healing times vary. If skin remains hot, irritated, or uncomfortable, remain in the current recovery phase for an additional 24–48 hours before progressing.

**NOTE -** Body areas may heal more slowly than the face and can remain pink longer.

### Day 3-5: Heal & Barrier

#### AM

- Gentle cleanser, Cetaphil
- Optional: Merikit Regenerative Calming Serum
- Stayve Hyaluronic Acid
- Stayve PDRN Exosomes **OR** Velatox GF11
- Dr. Drawing Revital Cream **OR** Glutanex Cica Cream
- CeraVe Invisible Mineral SPF 50

#### PM

- Gentle cleanser, Cetaphil
- Optional: Merikit Regenerative Calming Serum
- Stayve Hyaluronic Acid
- Stayve PDRN Exosomes **OR** Velatox GF11
- Optional: Glutanex Mask (1 use max)
- Dr. Drawing Revital Cream **OR** Glutanex Cica Cream
- Merikit Ceramide E5 Intensive Cream

### Day 6-7: Resume

#### AM (Normal Skincare Routine)

- Cleanse
- Tone
- Day 6: Start Vitamin C (if zero irritation)
- Serums
- Moisturize
- SPF 50

#### PM (Normal Skincare Routine)

- Cleanse
- Tone
- Serums
- Day 7: Tretinoin (if fully healed)
- Moisturize

Your skin doesn't improve during the treatment—it improves during the healing phase.