

THE SKIN DEEP METHOD™



LEVEL 1: INFUSE – MN Aftercare Checklist

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

** If following the 8–Week Microneedling Schedule, 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, Saunas

Day 0: Hydrate

PM

- ☐ Avoid washing the face for 12–24 hours
- ☐ Stayve Hyaluronic Acid
- ☐ Ronas Stem Cell
- ☐ Reapply if skin feels dry or tight

Day 1: Repair

AM

- ☐ Gentle Cleanser (Cetaphil)
- ☐ *Optional: Merikit Regenerative Calming Serum*
- ☐ Stayve Hyaluronic Acid
- ☐ Ronas Stem Cell
- ☐ Dr. Drawing Revital Cream
- ☐ AM Only: CeraVe Invisible Mineral SPF 50

PM

- ☐ Gentle Cleanser (Cetaphil)
- ☐ *Optional: Merikit Regenerative Calming Serum*
- ☐ Stayve Hyaluronic Acid
- ☐ Ronas Stem Cell
- ☐ Dr. Drawing Revital Cream
- (No SPF)

Day 2–3: Heal

AM

- ☐ Gentle Cleanser (Cetaphil)
- ☐ *Optional: Merikit Regenerative Calming Serum*
- ☐ Stayve Hyaluronic Acid
- ☐ Ronas Stem Cell
- ☐ Eres Tu PDRN * *Supports epidermal renewal — not a collagen inducer*
- ☐ Dr. Drawing Revital Cream
- ☐ CeraVe Invisible Mineral SPF 50

PM

- ☐ Gentle Cleanser (Cetaphil)
- ☐ *Optional: Merikit Regenerative Calming Serum*
- ☐ Stayve Hyaluronic Acid
- ☐ Ronas Stem Cell
- ☐ Eres Tu PDRN * *Supports epidermal renewal — not a collagen inducer*
- ☐ Merikit Ceramide E5 Intensive Cream

Day 4–5: Barrier

AM

- ☐ Gentle Cleanser (Cetaphil)
- ☐ *Optional: Merikit Regenerative Calming Serum*
- ☐ Stayve Hyaluronic Acid
- ☐ Ronas Stem Cell
- ☐ *Optional: Glutanex Cica Cream*
- ☐ Merikit Ceramide E5 Intensive Cream
- ☐ CeraVe Invisible Mineral SPF 50

PM

- ☐ Gentle Cleanser (Cetaphil)
- ☐ *Optional: Merikit Regenerative Calming Serum*
- ☐ Stayve Hyaluronic Acid
- ☐ Ronas Stem Cell
- ☐ *Optional: Glutanex Glow Therapy Mask*
- ☐ *Optional: Glutanex Cica Cream*
- ☐ Merikit Ceramide E5 Intensive Cream

Day 6–7: Resume

AM (Return to Normal Skincare Routine Gradually)

- ☐ Cleanse
- ☐ Tone
- ☐ Day 6: * Vitamin C (only if there is no irritation)
- ☐ Serums
- ☐ Moisturize
- ☐ SPF 50

PM (Return to Normal Skincare Routine Gradually)

- ☐ Cleanse
- ☐ Tone
- ☐ Serums
- ☐ * Tretinoin (if fully healed)
- ☐ Moisturize

Non–Negotiable Rules – This is what protects your results

- ☐ No masks on Day 0
- ☐ No actives for * 3–5 days
- ☐ No stacking everything at once

Recovery Reminder

Healing timelines vary from person to person. If your skin remains hot, irritated, excessively dry, or uncomfortable, stay in your current recovery phase for an additional 24–48 hours before progressing to the next phase.