

# THE SKIN DEEP METHOD



## LEVEL 4: REPAIR— 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, Saunas

### Day 0: Hydrate

#### PM

- Avoid washing face for 24-48 hours
- Choose ONE from the options below:
  - Stayve Hyaluronic Acid
  - Curenex
  - Ronas Stem Cell
- Reapply if skin feels dry or tight

#### Optional:

- La Roche-Rosay Thermal Spring Mist
- Cool, clean compress

### Day 1: Repair

#### AM

- Gentle cleanse, Cetaphil (24 - 48 hours after treatment)
- Optional: La Roche-Rosay Thermal Spring Mist
- Optional: Merikit Calming Serum
- Stayve Hyaluronic Acid
- CeraVe Invisible Mineral SPF 50 (Only if exposed to sunlight)

#### PM

- Gentle cleanse, Cetaphil (24 - 48 hours after treatment)
- Optional: La Roche-Rosay Thermal Spring Mist
- Stayve Hyaluronic Acid
- Dr. Drawing Revital Cream

### Day 2-3: Heal

#### AM

- Gentle cleanser, Cetaphil
- Optional: La Roche-Rosay Thermal Spring Mist
- Optional: Merikit Calming Serum
- Stayve Hyaluronic Acid
- Dr. Drawing Revital Cream
- CeraVe Invisible Mineral SPF 50 (Only if exposed to sunlight)

#### PM

- Gentle cleanser, Cetaphil
- Optional: La Roche-Rosay Thermal Spring Mist
- Optional: Merikit Calming Serum
- Stayve Hyaluronic Acid
- Dr. Drawing Revital 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

### Day 4-5: Barrier

- Gentle cleanser, Cetaphil
- Optional: Merikit Calming Serum
- Stayve Hyaluronic Acid
- Optional: Choose ONE from the options below:
  - Velatox GF11
  - Glutanex Therapy Mask
- Dr. Drawing Revital Cream
- CeraVe Invisible Mineral SPF 50

#### PM

- Gentle cleanser, Cetaphil
- Optional: La Roche-Rosay Thermal Spring Mist
- Optional: Merikit Calming Serum
- Stayve Hyaluronic Acid
- Merikit Ceramide E5

### Day 6-7: Resume

#### AM & PM

Gradual return to normal routine.

- Cleanse
- Tone
- Serums
- Moisturize
- AM ONLY: SPF 50

#### Reintroduce Slowly:

- Peptides
- Niacinamide
- Vitamin C

#### Reintroduce LAST:

- ⚠ Tretinoin/Retinoids
- ⚠ Acids/Exfoliants

For aggressive LEVEL 4 sessions:

Tretinoin may need 7–14 days before resuming.

A simple tip:

#### If skin feels:

HOT → use Merikit Regenerative Calming Serum  
 DRY/TIGHT → Merikit Ceramide E5 Intensive Cream  
 RED/IRRITATED → Cica is excellent

#### OR

Stay in the previous recovery phase for an additional 24–48 hours before progressing.

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