

THE SKIN DEEP METHOD: Microneedling Aftercare Checklist

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



Day 0: Hydrate

- Do not wash your face
- Apply Stayve Hyaluronic Acid liberally
- Reapply ever 4-6 hours

Day 1: Repair

- Gentle cleanse (24-36 hours after treatment)
- Apply Stayve Hyaluronic Acid
- Apply Eres Tu PDRN
- Optional: Light calming serum

Day 2-3: Heal

- Gentle cleanser, Cetaphil
- Stayve Hyaluronic Acid (AM + PM)
- Stayve PDRN EXO Skinbooster
- Choose ONE: Velatox GF11 OR Dr. Drawing EGF
- Optional: Glutenex Mask (1 use max)
- Day 3: Start CeraVe Invisible Mineral SPF 50

Day 4-5: Barrier

- Gentle cleanser, Cetaphil
- Stayve Hyaluronic Acid (AM + PM)
- Merikit Ceramide E5 Intensive Cream
- Optional: Cica cream
- CeraVe Invisible Mineral SPF 50

Day 6-7: Resume

- Gentle cleanser, Cetaphil
- HA serum
- Moisturize
- SPF
- Day 6: Optional: Vitamin C - AM (if zero irritation)
- Day 7: Optional: Tretinoin (if fully healed)

Non-Negotiable Rules

This is what protects your results

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