

THE SKIN DEEP METHOD™



LEVEL 3: REFINE – 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

Day 0: Hydrate

PM

- ☐ Avoid washing the treated area(s) for 12–24 hours.
- ☐ Stayve Hyaluronic Acid
- ☐ Stayve PDRN Exosomes or Velatox GF11
- ☐ Reapply if skin feels dry or tight

Day 1–2: Repair

AM

- ☐ Gentle Cleanser (Cetaphil)
- ☐ *Optional: Merikit Regenerative Calming Serum*
- ☐ Stayve Hyaluronic Acid
- ☐ Stayve PDRN Exosomes or Velatox GF11
- ☐ Dr. Drawing Revital Cream
- ☐ CeraVe Invisible Mineral SPF 50

PM

- ☐ Gentle Cleanser (Cetaphil)
- ☐ *Optional: Merikit Regenerative Calming Serum*
- ☐ Stayve Hyaluronic Acid
- ☐ Stayve PDRN Exosomes or Velatox GF11
- ☐ Merikit Ceramide E5 Intensive Cream

Day 3–4: Heal

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 Glow Therapy Mask*
- ☐ Dr. Drawing Revital Cream or Glutanex Cica Cream
- ☐ Merikit Ceramide E5 Intensive Cream

Day 5: 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 Glow Therapy Mask*
- ☐ Dr. Drawing Revital Cream or Glutanex Cica Cream
- ☐ Merikit Ceramide E5 Intensive Cream

Day 6–7: Resume

AM (Return to Normal Skincare Routine Gradually)

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

PM (Return to Normal Skincare Routine Gradually)

- ☐ Cleanse
- ☐ Tone
- ☐ Serums
- ☐ Day 7: * 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

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

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.