

# THE SKIN DEEP METHOD



## LEVEL 2: STIMULATE – 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 face for 12–24 hours
- Stayve Hyaluronic Acid liberally
- Stayve PDRN Exosomes or Velatox GF11
- Reapply if skin feels dry or tight

### Day 1: Repair

#### AM

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

#### PM

- Gentle Cleanser (Cetaphil)
- Optional: Merikit Regenerative Calming Serum*
- Stayve Hyaluronic Acid
- Merikit Ceramide E5 Intensive Cream

### Day 2–3: 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
- Merikit Ceramide E5 Intensive Cream

### 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.

### Day 4–5: Barrier

#### AM

- Gentle Cleanser (Cetaphil)
- Optional: Merikit Regenerative Calming Serum*
- Stayve Hyaluronic Acid
- 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
- Optional: Glutanex Therapy Mask*
- 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 there is no irritation; otherwise delay for 48–72 hours)
- Serums
- Moisturize
- SPF 50

#### PM (Normal Skincare Routine)

- Cleanse
- Tone
- Serums
- Day 7: Tretinoin (if fully healed, otherwise delay for 48–72 hours)
- 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

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