

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

- Avoid washing 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 cleanse, Cetaphil
- Optional:* Merikit Regenerative Calming Serum
- Stayve Hyaluronic Acid
- Stayve PDRN Exosomes **OR** Velatox GF11
- CeraVe Invisible Mineral SPF 50

PM

- Gentle cleanse, 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

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 Mask (1 use max)
- 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 zero 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 Day 0
- No actives for 3-5 days
- No stacking everything at once

NOTE: Healing times vary. If skin remains hot, irritated, or uncomfortable, remain in the current recovery phase for an additional 24–48 hours before progressing.

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