

THE SKIN DEEP METHOD

LEVEL 1: INFUSE – 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, Saunas

Day 0: Hydrate

PM

- Avoid washing the face for 12–24 hours
- Ronas Stem Cell
- Reapply if skin feels dry or tight

Day 1: Repair

AM & PM

- Gentle Cleanser (Cetaphil)
- Optional: Merikit Regenerative Calming Serum*
- Ronas Stem Cell
- Dr. Drawing Revital Cream
- AM Only: CeraVe Invisible Mineral SPF 50

Day 2–3: Heal

AM

- Gentle Cleanser (Cetaphil)
- Optional: Merikit Regenerative Calming Serum*
- Ronas Stem Cell
- Eres Tu PDRN
- Dr. Drawing Revital Cream
- CeraVe Invisible Mineral SPF 50

PM

- Gentle Cleanser (Cetaphil)
- Optional: Merikit Regenerative Calming Serum*
- Ronas Stem Cell
- Eres Tu PDRN
- Merikit Ceramide E5 Intensive Cream

Day 4–5: Barrier

AM

- Gentle Cleanser (Cetaphil)
- Optional: Merikit Regenerative Calming Serum*
- Day 5: Vitamin C (only if there is no irritation)
- Ronas Stem Cell
- Optional: Glutanex Cica Cream*
- Merikit Ceramide E5 Intensive Cream
- CeraVe Invisible Mineral SPF 50

PM

- Gentle Cleanser (Cetaphil)
- Optional: Merikit Regenerative Calming Serum*
- Ronas Stem Cell
- Optional: Glutanex Therapy Mask*
- Optional: Glutanex Cica Cream*
- Merikit Ceramide E5 Intensive Cream

Day 6–7: Resume

AM (Normal Skincare Routine)

- Cleanse
- Tone
- Vitamin C
- Serums
- Moisturize
- SPF 50

PM (Normal Skincare Routine)

- Cleanse
- Tone
- Serums
- Tretinoin (if fully healed)
- Moisturize

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.

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.