



LEVEL 4: REPAIR – 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 Retinoin 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 24–48 hours
- ☐ Stayve Hyaluronic Acid or Curenex
- ☐ **Advanced Serum:** Stayve PDRN Exosomes or Velatox GF11
- ☐ Reapply if skin feels dry or tight

Optional:

- ☐ *La Roche-Posay Thermal Spring Mist*
- ☐ *Cool, clean compress*

Day 1: Repair

AM

- ☐ Gentle Cleanser (Cetaphil) (24 – 48 hours after treatment)
- ☐ *Optional: La Roche-Posay Thermal Spring Mist*
- ☐ *Optional: Merikit Regenerative Calming Serum*
- ☐ Stayve Hyaluronic Acid or Curenex
- ☐ **Advanced Serum:** Stayve PDRN Exosomes or Velatox GF11
- ☐ CeraVe Invisible Mineral SPF 50 (if exposed to sunlight)

PM

- ☐ Gentle Cleanser (Cetaphil) (24 – 48 hours after treatment)
- ☐ *Optional: La Roche-Posay Thermal Spring Mist*
- ☐ *Optional: Merikit Regenerative Calming Serum*
- ☐ Stayve Hyaluronic Acid or Curenex
- ☐ **Advanced Serum:** Stayve PDRN Exosomes or Velatox GF11
- ☐ Dr. Drawing Revital Cream

Day 2–3: Heal

AM

- ☐ Gentle Cleanser (Cetaphil)
- ☐ *Optional: La Roche-Posay Thermal Spring Mist*
- ☐ *Optional: Merikit Regenerative Calming Serum*
- ☐ Stayve Hyaluronic Acid or Curenex
- ☐ **Advanced Serum:** Stayve PDRN Exosomes or Velatox GF11
- ☐ Dr. Drawing Revital Cream
- ☐ CeraVe Invisible Mineral SPF 50 (if exposed to sunlight)

PM

- ☐ Gentle Cleanser (Cetaphil)
- ☐ *Optional: La Roche-Posay Thermal Spring Mist*
- ☐ *Optional: Merikit Regenerative Calming Serum*
- ☐ Stayve Hyaluronic Acid or Curenex
- ☐ **Advanced Serum:** Stayve PDRN Exosomes or Velatox GF11
- ☐ Dr. Drawing Revital Cream

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

Day 4–5: Barrier

AM

- ☐ Gentle Cleanser (Cetaphil)
- ☐ *Optional: La Roche-Posay Thermal Spring Mist*
- ☐ *Optional: Merikit Regenerative Calming Serum*
- ☐ Stayve Hyaluronic Acid or Curenex
- ☐ **Advanced Serum:** Stayve PDRN Exosomes or Velatox GF11
- ☐ *Optional: Glutanex Glow Therapy Mask (1 use max — AM only, do not repeat PM)*
- ☐ Dr. Drawing Revital Cream
- ☐ CeraVe Invisible Mineral SPF 50

PM

- ☐ Gentle Cleanser (Cetaphil)
- ☐ *Optional: La Roche-Posay Thermal Spring Mist*
- ☐ *Optional: Merikit Regenerative Calming Serum*
- ☐ Stayve Hyaluronic Acid or Curenex
- ☐ **Advanced Serum:** Stayve PDRN Exosomes or Velatox GF11
- ☐ Merikit Ceramide E5 Intensive Cream

Day 6–7: Resume

AM & PM

Gradually return to your normal skincare routine

- ☐ Cleanse
- ☐ Tone
- ☐ Serums
- ☐ Moisturize
- ☐ AM ONLY: SPF 50

Reintroduce Slowly:

- ☐ Peptides
- ☐ Niacinamide
- ☐ Day 6: * Vitamin C (only if there is no irritation)

* Reintroduce LAST:

Tretinoin and Retinoids

Acids and Exfoliants

For aggressive LEVEL 4 sessions:

Tretinoin may need 7–14 days before resuming (skin needs to be completely healed)

A simple tip:

If skin feels:

HOT → use Merikit Regenerative Calming Serum
 DRY/TIGHT → Merikit Ceramide E5 Intensive Cream
 RED/IRRITATED → Glutanex Cica Cream

or

Stay in the previous recovery phase for an additional 24–48 hours before progressing.

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.