

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 face and body for 12-24 hours
- Stayve Hyaluronic Acid
- Reapply if skin feels dry or tight

Day 1-2: Repair

AM

- Gentle cleanse, Cetaphil
- Optional:* Merikit Regenerative Calming Serum
- Stayve Hyaluronic Acid
- Dr. Drawing Revital Cream
- CeraVe Invisible Mineral SPF 50

PM

- Gentle cleanse, Cetaphil
- Optional:* Merikit Regenerative Calming Serum
- Stayve Hyaluronic Acid
- Merikit Ceramide E5 Intensive Cream

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.

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

Day 3-5: Heal & 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 Therapy 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)
- Serums
- Moisturize
- SPF 50

PM (Normal Skincare Routine)

- Cleanse
- Tone
- Serums
- Day 7: Tretinoin (if fully healed)
- Moisturize

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