

THE SKIN DEEP METHOD



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 face for 24-48 hours
- Choose ONE from the options below:
 - Stayve Hyaluronic Acid
 - Curenex
 - Ronas Stem Cell
- Reapply if skin feels dry or tight

Optional:

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

Day 1: Repair

AM

- Gentle cleanse, Cetaphil (24 - 48 hours after treatment)
- Optional:* La Roche-Posay Thermal Spring Mist
- Optional:* Merikit Calming Serum
- Choose ONE from the options below:
 - Stayve Hyaluronic Acid
 - Curenex
 - Ronas Stem Cell
- CeraVe Invisible Mineral SPF 50 (Only if exposed to sunlight)

PM

- Gentle cleanse, Cetaphil (24 - 48 hours after treatment)
- Optional:* La Roche-Rosay Thermal Spring Mist
- Stayve Hyaluronic Acid
- Dr. Drawing Revital Cream

Day 2-3: Heal

AM

- Gentle cleanser, Cetaphil
- Optional:* La Roche-Posay Thermal Spring Mist
- Optional:* Merikit Calming Serum
- Choose ONE from the options below:
 - Stayve Hyaluronic Acid
 - Curenex
 - Ronas Stem Cell
- Dr. Drawing Revital Cream
- CeraVe Invisible Mineral SPF 50 (Only if exposed to sunlight)

PM

- Gentle cleanser, Cetaphil
- Optional:* La Roche-Posay Thermal Spring Mist
- Optional:* Merikit Calming Serum
- Choose ONE from the options below:
 - Stayve Hyaluronic Acid
 - Curenex
 - Ronas Stem Cell
- Dr. Drawing Revital 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

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

Day 4-5: Barrier

- Gentle cleanser, Cetaphil
- Optional:* Merikit Calming Serum
- Choose ONE from the options below:
 - Stayve Hyaluronic Acid
 - Curenex
 - Ronas Stem Cell
- Optional:* Choose ONE from the options below:
 - Stayve PDRN Exosomes
 - Velatox GF11
 - Glutanex Therapy Mask (1 use max)
- Dr. Drawing Revital Cream
- CeraVe Invisible Mineral SPF 50

PM

- Gentle cleanser, Cetaphil
- Optional:* La Roche-Posay Thermal Spring Mist
- Optional:* Merikit Calming Serum
- Choose ONE from the options below:
 - Stayve Hyaluronic Acid
 - Curenex
 - Ronas Stem Cell
- Merikit Ceramide E5

Day 6-7: Resume

AM & PM



Gradual return to normal routine.

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

Reintroduce Slowly:

- Peptides
- Niacinamide
- Vitamin C

Reintroduce LAST:

-  Retinoin/Retinoids
-  Acids/Exfoliants

For aggressive LEVEL 4 sessions:

Tretinoin may need 7–14 days before resuming.

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.