



MICRONEEDLING

— TREATMENT TRACKER —

Quick Notes

- ✓ Be consistent
- ✓ Listen to your skin
- ✓ Less pressure
- ✓ Proper aftercare

DATE: ____ / ____ / ____

TREATMENT #: ____

PHOTOS TAKEN:
☐ Before ☐ After ☐ 24hr ☐ 7 Day

DEVICE & NEEDLE

Device Used: _____

Needle/Cartridge: _____

Needle Type: ☐ Nano ☐ 16P
☐ 36P ☐ 42P ☐ Other _____

Sterilization Method: _____

Speed/Setting: _____

NUMBING & TIME

Numbing Cream: _____

Numb Time: _____ min

Remove Numbing: _____

Total Treatment Time: _____

Always patch test new products.

SERUMS / PRODUCTS USED

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

TREATMENT AREAS

- ☐ Forehead
- ☐ Under Eyes
- ☐ Around Lips
- ☐ Glabella
- ☐ Cheeks
- ☐ Chin
- ☐ Temples
- ☐ Nose
- ☐ Neck
- ☐ Décolletage
- ☐ Other: _____



DEPTH BY AREA (mm)

AREA	DEPTH (mm)	PASSES
Forehead		
Glabella		
Cheeks		
Nose		
Around Lips		
Chin/Jaw		
Neck		
Other		

GUIDE (mm)

- Under Eyes
0.25 – 0.5
- General Face
0.5 – 1.0
- Scarring/Texture
1.0 – 1.5+
- Body/Neck
1.0 – 2.0
- Adjust to tolerance
and device type.

IMMEDIATELY AFTER

- ☐ Redness
- ☐ Warmth
- ☐ Tightness
- ☐ Minimal Bleeding
- ☐ No Downtime
- ☐ Other: _____

Notes: _____

24 HOURS

- ☐ Redness
- ☐ Dryness/Flaking
- ☐ Sensitivity
- ☐ Breakouts
- ☐ No Issues
- ☐ Other: _____

Notes: _____

3 DAYS

- ☐ Peeling/Flaking
- ☐ Smoothness
- ☐ Hydration
- ☐ Breakouts
- ☐ No Issues
- ☐ Other: _____

Notes: _____

7 DAYS

- ☐ Glow/Plumpness
- ☐ Texture Improvement
- ☐ Scar/Fine Line Change
- ☐ Even Tone
- ☐ Other: _____

Notes: _____

RESULTS & OBSERVATIONS

- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____

NEXT TREATMENT PLAN

Next Treatment Date: ____ / ____ / ____

Goal/Focus: _____

Adjustments for Next Time: _____



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