

Cutera Laser Treatments – Before & Aftercare

(Hair Reduction, Limelight and Vein Removal)

Before Your Appointment

Avoid sun exposure, tanning beds, and fake tan for at least 2 weeks before treatment.

Use SPF 30+ daily in the lead-up to your appointment.

If you attend your appointment with a real or fake tan, your treatment cannot go ahead and your booking fee/ session will be lost

Avoid active skincare (e.g., retinoids, acids) for 5 days before treatment.

Do not wax, pluck, or thread the area throughout your treatment (for hair reduction).

Shave the area 24 hours before your appointment (for hair reduction).

Please attend with clean skin—no makeup, lotions, or deodorant.

Inform your practitioner if you are on antibiotics, recently used Roaccutane, or are pregnant.

After Your Appointment

Redness, swelling, or warmth is common and usually settles within 24–72 hours.

Avoid hot baths, saunas, steam rooms, and exercise for 48 hours.

Avoid active or fragranced skincare on the treated area until settled.

Apply SPF 30+ daily and avoid sun exposure for at least 2 weeks.

Do not pick, scratch, or exfoliate peeling/flaking skin.

What to Expect

Hair Reduction:

- Hair may shed 1–2 weeks after treatment. A course of 6–8 sessions is usually needed.
- Hair becomes finer and grows more slowly over time.

Limelight (Pigmentation/Redness):

- Brown spots may darken before flaking off in 7–10 days.
- Redness improves gradually with multiple treatments.

Vein Removal:

- Treated veins may darken before fading over 2–4 weeks.
- A follow-up session may be required for optimal results.

When to Contact Us

If you experience excessive swelling, blistering, prolonged redness, or signs of infection.

If you have any concerns about the treated area or post-treatment response.

Please contact the clinic immediately.

Emergency Contact

If you have any urgent concerns outside of clinic hours, please call: 07747 835321