

Cosmetic medicine

Based on 12 human randomized controlled trials

WAVELENGTHS

635 nm	2 studies
532 nm	2 studies
810 nm	1 studies
650 nm	1 studies

DOSE RANGE

Min: 0.03 J/cm² | Median: 3.94 J/cm² | Max: 4.08 J/cm²

COMMON PROTOCOLS

1. 635nm, 3.9 J/cm², 10 sessions, 3x/week
2. 532nm, 3.9 J/cm², 10 sessions, 3x/week
3. 810nm, 3.9 J/cm², 10 sessions, 3x/week

SESSION RANGE

1–30 sessions (median: 10)

DISCLAIMER

This card summarizes published research parameters only. It is not medical advice. Consult your healthcare practitioner before starting any treatment.

Source: PBM Research Database | redlightos.com/research