

Dermatology

Based on 93 human randomized controlled trials

WAVELENGTHS

830 nm	6 studies
633 nm	6 studies
590 nm	4 studies
1072 nm	4 studies
630 nm	3 studies

DOSE RANGE

Min: 0.15 J/cm² | Median: 5.0 J/cm² | Max: 126.0 J/cm²

■ Biphasic warning: doses >50 J/cm² may have diminishing effects

COMMON PROTOCOLS

1. 830nm, 5.0 J/cm², 10 sessions, 3x/week
2. 633nm, 5.0 J/cm², 10 sessions, 3x/week
3. 590nm, 5.0 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