WHAT TO KNOW BEFORE
RED LIGHT THERAPY

KINGSWAY NATUROPATHIC CLINIC

A Patient Information Guide

What Is Red Light?

- Red Light Therapy AKA Photobiomodulation (PBM) uses visible red (630–660 nm) & near-infrared (810–850 nm) wavelengths.
- These wavelengths penetrate tissues & stimulate mitochondria → more ATP, less inflammation, faster healing, better skin health, reduced pain.
- It is non-invasive, painless, & generally safe for all skin types.

What Conditions It Helps

- Joint or muscle pain
- Tendon & ligament injuries
- Arthritis
- Post-workout recovery
- Nerve pain
- Skin rejuvenation, acne, scars
- Oral healing, dental procedures
- Peripheral neuropathy
- Wound healing

Mitochondrial energy naturally declines about 8 % per decade — red light helps recharge function, providing anti-aging properties at the cellular level

How Many Sessions Are Needed?

- **MSK pain/tendon issues**: 2–3X/week for 3–6 weeks
- **Skin rejuvenation**: 2–3X/week for 4–8 weeks
- **Chronic pain/nerve conditions:** ongoing maintenance often recommended

Safety

- Non-invasive
- Non-thermal & non-ionizing
- Non UVA/UVB
- Safe for skin & DNA
- May cause mild warmth or redness
- Use caution with photosensitizing drugs, pregnancy, or implanted electronic devices

Before Your Appointment: How to Prepare



Clean the Treatment Area
- No heavy creams or oily products
- No self-tanner on treatment day

They can significantly reduce light penetration.

Wear Comfortable Clothing
- Choose clothing that lets the clinician easily access the treatment area.

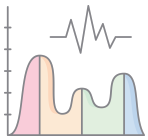
Avoid Active Irritation on the Area

Pause if you have:
- Open wounds (unless PBM is being used specifically for wound healing)
- Active infection
- Severe sunburn

Review Medications & Sensitivities

Tell your provider if you:
- Are on photosensitizing medications (e.g., doxycycline, minocycline, retinoids, St. John's Wort)
- Have seizure disorders (sensitivity to flickering light)
- Have active cancer in the treatment area
- Are pregnant

What to Expect



- Treatment takes 5–20 minutes depending on area.
- You may sit or lie down comfortably.
- The device is positioned close but not touching the skin.
- You may notice a gentle warmth, but no discomfort.

After Your Treatment



- **No downtime:** You can return to normal activities immediately.
- **Hydrate well:** Drink water to support cellular recovery.
- **Avoid overheating**: Skip saunas, hot yoga, or intense heat exposure for a few hours.
- **Be gentle with skin:** Avoid harsh exfoliants, retinoids, or chemical peels for 24 hours if your skin is sensitive.
- **Sun protection:** Red light is not UV, but your skin may be slightly more reactive—use SPF if going outside.
- **Moisturize:** A gentle, hydrating moisturizer can enhance results.

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