

FAQ

Q: Does Red Pulse Therapy really work?

A: The research on red light therapy says: yes! Clinical tests have been conducted by NASA, the Mayo Clinic, Wisconsin and Stanford Universities and many medical equipment providers such as Meditech and Quantum Devices. All such users have documented the healing effects of using red light in the mid 600 to 800nm range. As more proof that red light actually works, the U.S. government has used red light devices for wound healing in NASA, military combat, Navy special ops and submarine service personnel. It is worthy to note though that the length of time to achieve the desired result will vary depending on the person and desired effect. See the following video link "The Most Powerful Antioxidant is Melatonin, NOT Glutathione" by Dr. Eric Berg for further details of the beneficial effects of red-light therapy.

English Version, <https://www.youtube.com/watch?v=sNkIS0lzlgA>

Version with Chinese subtitles, <https://youtu.be/bLqOvMz1OWc>

Q: What are the side effects of Red Pulse Therapy?

A: There are a few side effects of Red Pulse Therapy. These are very rare, minor and usually short-lived, such as redness, dry skin and swelling, eyestrain and headaches. Therefore, determining the appropriate dose and timing of red light is essential in order to diminish the occurrence of side effects.

Q: How to handle skin redness, dryness and swelling after red light therapy?

A: Each night before going to bed, clean the face before light therapy since the skin cells need to work hard to convert the light energy. After the therapy, it can cause some redness, dryness and swelling of the skin after the light treatment. This is why we recommend only 20 min for the facial treatment. Please apply moisturizer or other skin care products 5-10 min after red pulse therapy. The absorption of the moisturizer or other skin care products will be very effective and can relieve the redness of the face completely. It is OK to put on thin layer of light moisturizer before the light treatment as it may lessen the redness, dryness and swelling of the skin.

Q: Are there any special lotions I am supposed to use before or during Red Pulse Therapy treatment?

A: For the best effectiveness and performance of the therapy, before and during the treatment, it is recommended to keep the skin area fully clean from any makeup. If necessary, only a thin layer of skin moisturizer should be used for the period of treatment. DO NOT apply heavy skin cream on the treatment skin area.

Q: Are there any special lotions I am supposed to use after the Red Pulse Therapy treatment?

A: Using an **anti-aging cream** or **serum** following your **Red Pulse Therapy** session may speed up results. For best results, choose products that contain peptides, Retinol, Topical Vitamin C,

Topical Vitamin D, Topical Vitamin E, Topical Vitamin K, Argan oil, Tea Tree Oil, Omega Fatty Acids, Aloe Vera, etc. Please do your research and consult your dermatologist.

Q: Do I need to be hydrated for the Red Pulse Therapy?

A: We highly recommend taking a glass of warm water (or at least room temperature, iced water is not recommended) before and right after the Red Pulse Therapy. Drinking water throughout the day is good advice regardless, but there is [new evidence that it may help with the effectiveness of red light therapy](#). Researchers have proposed that red light therapy may prefer hydrated cells, as they tend to have more energy stored. While more research is needed to determine with certainty whether this preference affects the light treatment, it's never a bad idea to reach for that glass of water.

Q: Does Red Pulse Therapy work for everybody?

A: Yes, it should. Red light therapy will work for the reduction of fine lines, scarring, inflammation and other conditions. The amount of time it takes to see visible results will vary from person to person, depending on the type of condition and its severity. Results will start to be seen anywhere from 24 hours to 8 weeks. For the sleeping disorder, the effect can be experienced right after the first therapy.

Q: Is Red Pulse Therapy treatment the same as laser therapy?

A: No, they are very different therapies. Red light therapy is low level light therapy, which involves using red light but is lower in energy density than laser therapy. Laser therapy stands for: Light Amplification by Stimulated Emission of Radiation. Lasers are light mechanisms that use 'amplified' light waves that have been concentrated into a single coherent "laser beam" of the same frequency. Lasers use directional heat and photonic intensity that works when electrons become more energized and cover a very small area, after absorbing energy from an electrical current. Red light therapy can cover a relative larger body area and easy for in-home treatment by the users themselves while a laser treatment beam can only target a very small body area and need to be administered by a professional operator.

Q: Is Red Pulse Therapy treatment similar to tanning?

A: No, not at all. You will not get a tan from Red Pulse Therapy, nor will it expose you to any damaging UV rays.

Q: Can Red Pulse Therapy causes harm?

A: The long and short of this question is: No... Red Pulse therapy is considered safe and UV free. Unlike other laser therapies or tanning beds, Red Pulse Therapy does not use ultraviolet (UV) light, which can mutate cells and cause cancer. The wavelengths produced in this style of therapy are outside of the skin damaging UV range. Red Pulse Therapy has multiple healing benefits for skin deformities such as cancers and melanoma. Red light treatment serves two

purposes: as a skin cancer prevention method and as a skin rejuvenation treatment after the removal of the skin cancer.

Q: Does Red Pulse Therapy treatment hurt your eyes?

A: The red light will not damage your eyes. The light source will usually produce high glare, depending on the size of the device used. You should not shine a red-light product directly in your eyes, just as you should never look directly towards the sun. Our Red Pulse Therapy home system products come with comfortable eye protection patches and reputable practitioners will use goggles or other eye protection.

Q: Do I need to wear eye protection when using Red Pulse Therapy treatment?

A: For facial applications to improve facial skin and help with sleeping problems, it is necessary that you wear an eye mask that come with the **Red Pulse Therapy** systems, since the lights are very bright and will be uncomfortable for the eyes. Any comfortable pair of eye-coverings should be used if the light is pointed at the face during the facial therapy. We have included 5 pairs of our custom-made eye patches with the original package. For sanitary reasons, the eye coverings should not be shared by any other person and should be stored in a clean container between each use. We recommend users to wash or replace their eye coverings after 1-4 weeks of multiple usage. You can order custom-made new replacement eye patches for sale on our website: www.redpulsetherapy.com. For **Red Pulse Therapy treatment** away from the facial area where eyes do not face directly to the light source, it is not necessary to wear your eye mask.

Q: Can I wear makeup under the Red Pulse Therapy treatment?

A: Yes, but not recommended. Makeup can be worn but it can heavily reduce the effectiveness and performance of the therapy.

Q: Does Red Pulse Therapy work through clothes or other material?

A: No. Red Light Therapy does not work through any material that block the visible light. The skin area that you wish to be treated should be fully exposed to the light.

Q: Is it okay to wear contacts while under the Red Pulse Therapy treatment?

A: That depends on the individual. Some people may experience a dry eye sensation when wearing contacts. Should that be the case, contacts should be removed for the treatment.

Q: How frequent and how long should you be exposed to Red Pulse Therapy?

A: For facial application to improve facial skin and help reduce sleeping problems, the session time should range anywhere from **10-20 minutes**. For other applications such as improving wound healing and reducing body pain, the session time should range anywhere from **20-40 minutes**. This time period can be adjusted as different people can react to the treatment in

different ways. You can increase the frequency of the treatment sessions up to 3 times per day. Just make sure you rest your skin at least 2 hours between sessions. More than 3 sessions a day is not recommended, as you can get too much Red Pulse Therapy. As the cells are excited and activated to produce more ATP, there is also an increase in oxidation. Long-term high-dose light therapy may decrease the benefit of the therapy.

Q: Will I have to do this indefinitely to maintain aesthetic results?

A: For skin aesthetic improvements, it is recommended to start with commitment of at least one 20 minutes session every day for the first 8~12 weeks, then a minimum of 2-3 times per week to maintain or even further improve the results. You can increase treatment sessions up to 3 times per day, just make sure you rest your skin at least 2 hours between sessions. We view the Red Pulse Therapy as sun bathing without harmful UV rays. This definitely help your overall health. The biggest advantage of using the Red Pulse Therapy home system is the ability to use it daily without incurring the extra costs that professional treatment would entail. However, if you're not using your device at the recommended frequency, you're essentially squandering your investment - and the potential health and aesthetic benefits.

Q: Why does Red Pulse MK series work better than competitor's products?

A: There are 4 major reasons listed below –

1. Higher light power output - MKIII system pulsed peak light output power reaches 130 watts and our MKII system reach 90 watts, more powerful than any home use system. Most of the hand held or battery powered Red Light devices can only put out 2~4 Watts of power due to their physical limitation. Therefore, their therapeutic effectiveness is very doubtful.
2. Light power focused on treatment area - both MKIII and MKII system equipped with 24 degrees beam angle focusing lens which focus the light intensity 25 times without wasting outside of the treatment area (most of the red-light devices use 120 degrees beam angles LED without any proper focusing lens).
3. Red Pulse MK series with real high frequency pulsed light output technology (higher than 5~10KHz pulse frequency), which increased skin penetration (please review the note at the end of this paragraph). The pulse frequency needs to be as high as possible to increase the skin penetration from the light, improving the penetration depth by multiple times. The normal low frequency flashing light not only does not offer any benefit but actually reduces the treatment time when the light is off.

*Note: According to medical publication titled: “Higher pulse frequency of near-infrared laser irradiation increases penetration depth for novel biomedical applications.” Published: January 7, 2021 by Barbora et al.

The results of their research demonstrate a novel discovery that NIR Pulsed Wave (PW) irradiation improves the associated penetration depth significantly in contrast to Continuous

Wave (CW) exposures. In addition, higher pulse frequency (repetition rate) further enhances the penetration depth compared with lower pulse frequency of the same wavelength.

Citation: Barbora A, Bohar O, Sivan AA, Magory E, Nause A, Minnes R (2021) Higher pulse frequency of near-infrared laser irradiation increases penetration depth for novel biomedical applications. PLoS ONE 16(1): e0245350.
<https://doi.org/10.1371/journal.pone.0245350>

4. User settable automatic timer control – This optimizes the proper period for the treatment without overwork the skin from the excessive long therapy time.

Q: Do we need to unplug the Red Pulse MK Series AC plug from the power outlet once the machine reaches the OFF state?

A: No, it is not necessary. The Red Pulse MK series AC plug can be safely connected to the power outlet indefinitely. The machine will be in a low power consumption “OFF” state once it turns off after the red-light session is completed.

Q: Will Red Pulse Therapy treatment help with sleeping disorder or insomnia?

A: Yes. Red Pulse Therapy, as well as other light therapies, has been proven to improve mitochondria cell level melatonin production and improve sleeping quality and reach deep sleep faster and longer. See the following video link "The Most Powerful Antioxidant is Melatonin, NOT Glutathione" by Dr. Eric Berg for further details of the beneficial effects of red-light therapy.

English Version, <https://www.youtube.com/watch?v=sNkIS0lzlgA>
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Q: Will Red Pulse Therapy treatment help with Seasonal Affective Disorder (SAD)?

A: Red Pulse Therapy, as well as other light therapies, has been proven to improve Seasonal Affective Disorder (SAD).

Q: Does Red Pulse Therapy get immediate results or a cure?

A: Red light therapy can help reduce the muscle pain and help for relaxation in the first session and might be the most promising non-invasive treatment for the skin to date. Nevertheless, it is important to manage your expectations. First of all, it is not a miracle cure. Consistent and frequent use is important as once treatment stops the issue being affected will likely return after some time. Second, red light therapy is a process, requiring a good deal of patience and dedication. If you feel like you're not seeing results after a month, don't worry. While there might already be a lot of action happening behind the scenes at the cellular level, it can take a while to build collagen, heal damaged tissue, and [stimulate stem cells](#). The collagen growth and reduce of fine line can be visible within 8~12 weeks.

Q: Will the treatment interfere with or be affected by any medications I use?

A: If you use medications such as Tetracycline, Digoxin (used for heart irregularities) and photosensitizing drugs (e.g., tranquilizers, sulfa drugs, oral anti-diabetic drugs, antidepressants, and steroids), please consult your physician before using **Red Pulse Therapy** treatment.

Have questions? Our friendly staff is happy to answer your queries or troubleshoot any issues.

Just click the "[Contact Us](#)" page on our website or follow the link

"<https://redpulsetherapy.com/contact-us>" to get in touch with us.