

Diesel XL Shortie + XL Shortie Combo

User Manual + Set Up Guide



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Revision History	
Date	Description of changes
January 2024	New Layout

Whats in the Box? & Product Specs

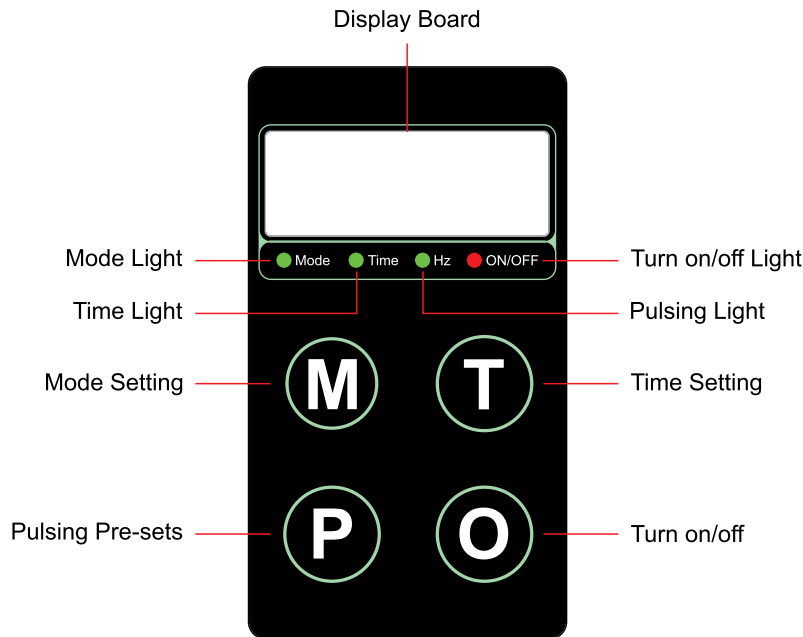
Whats Inside

1. Panel
2. Remote
3. Wire Cable
4. Door Mount
5. Pulley
6. Goggles

Technical Specifications

Power	1140W
Input Voltage	AC-110-240V 50-60Hz
LED Quantity	288 pcs.
Wavelength	630nm 670nm 810nm
Time Control	Yes
Beam Angle	30 Degree
Product Size	86.6* 37* 7.8cm
Working Temperature	-20° C to 45° C
Lifespan	50,000 Hours

Device Buttons & Directions



Directions

1. Attach the power cable to the back of the panel and plug it into the wall outlet.

2. Flip the switch on the back side of the panel to on. It will light up.

3. From the left side of the display, change mode. 0001 is red only (630/670). 0002 is near-infrared only (810). 0003 is both red and near-infrared are on (630/670/810). This can be adjusted during the session.

4. Next over is the timer button starting at 5 minutes, 10, 15, 20, 25, 30, and 90. This can be adjusted during the session.

5. Next is pulse pre-sets. Starting with 2.5hz, 10, 40, 73, 147, 294, 587, 1147, 2349, 4698, and 0000 (When flashing 0000, the pulsing can be manually adjusted to any pulse (1-9,999) with the controller). 0000 non-flashing is continuous mode meaning the bulbs are not pulsing.

Device Buttons & Directions

6. Lastly, the button furthest right is the on/off. Go ahead and push this to begin (As the bulbs can be very bright, do not look directly at them. It is best to wear the goggles provided if you have sensitive eyes). The mode and timer can be adjusted while the lights are on. If you wish to adjust the pulsing, you must first turn this on/off button off, adjust the pulsing, and then turn the on/off button back on. Always remember to start slow with just a couple of minutes per body area. Place yourself around 12 inches from the panel.
7. Once the timer ends, the lights will turn off. You can then flip the switch in the back of the panel to completely turn off the panel (The last used settings will be automatically saved so you only need to turn the back switch and the display on/off button for the next session).
8. Have exposed skin 6-12 inches away from the panel surface.
9. Wear goggles if sensitive to light/pulsing. Do not look straight at lights as they are very bright. If you suffer from seizures, migraines, or nausea caused by pulsating/stroking of light, consult your doctor first or use continuous wave (non-pulsing) only.

General Dosing Instructions

Important Information Regarding dosing

For skin issues:

We want between **6J to roughly 15J per area**. So optimal treatment times with the lights are, 5 minutes per area if the light is 6 inches away. 10 minutes at 12 inches away.

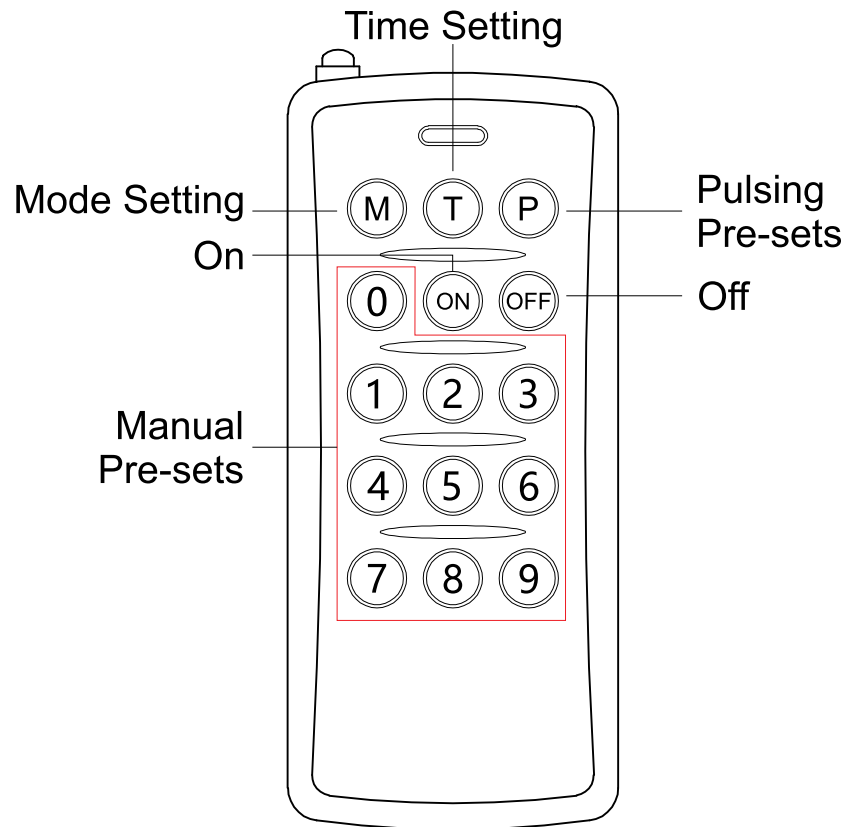
For deeper issues (muscle, bone, brain, organs, glands, fat, etc.):

We want around **10-60J per area**, so optimal treatment times and treatment distances are 10 minutes per area if the light is 6 inches away. 15 minutes per area if 12 inches away. 20 minutes per area if 18 inches away.

If the irradiance of a device is 100 m W/cm², and the treatment time is 10 minutes, the calculation is as follows: 100 m W/cm² x 600 seconds / 1000 = 60 joules/cm²

Red NIR Mode 3							
Distance From Skin							
6 in.		12 in.		18 in.		24 in.	
Penetration		Penetration		Penetration		Penetration	
Skin	Deeper	Skin	Deeper	Skin	Deeper	Skin	Deeper
180 sec	13-17 min	200 sec	14-18 min	230 sec	15-19 min	250 sec	16-20 min

Remote Controller Buttons & Connection



How to connect the Panel and Controller:

1. To connect the remote and the panel for the first time, flip the power switch on the back of the panel.
2. Press the "Time" button and the "Pulsing Pre-set" button on the display at the same time. Then press any button on the remote to start using it.
3. Use the same labeled buttons on the remote as on the panel display to set mode, timer, and pulse, then hit on.

Remote Controller Buttons & Connection

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4. The “-” and “+” will toggle the pulsing pre-sets. To manually input a pulsing frequency, toggle until you reach the blinking 0000 then hit the number buttons accordingly.
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5. The replacement battery is CR2032. To open the battery compartment on the back of the remote, pinch the small black tab and at the same time pull out.

Q1. Can I wear clothes when using the panel?

It's important to have clean, bare skin wherever the light is being used. Clothes, makeup, lotions, oils, etc. Will block and deflect some or most of the light.

Q2. How long do I use it per day?

It is important to always start slow, 2-3 minutes per area, and then you can add a couple minutes each use until you reach 10-15 minutes. It's best to skip a day in between sessions initially. As long as you are feeling well, you can use it every day for up to 15 minutes per body area.

Q3. Should I wear goggles?

Although light is healthy for the eyes, it is recommended to wear goggles if sensitive to light/pulsing. Do not look straight at lights as they are very bright. If you suffer from photo-induced seizures, migraines, or nausea caused by pulsating/stroking of light, consult your doctor first and use the non-pulsing option only.