

## 11. TABLETOP PRO SERIES

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### Within the box you'll find:

Panel, hanging wire cable, door mount, pulley, goggles. (Solo stand can be purchased separately <https://lightpathled.com/product/panel-stands-solo-modular/>)

### Instructions for Use:

Step by step video: [Multiwave Tabletop & Large.mp4](#)

1. Plug cord into back of panel and then into wall. There is a separate plug in the back that allows you to hook up additional panels with a daisy chain.
2. On back of panel, flip both red and NIR switches.
3. Have exposed skin 6-18 inches away from panel surface.
4. Wear goggles if sensitive to light. Do not look straight at light as it is very bright.

### General Dosing Instructions:

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 if 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 mW/cm<sup>2</sup>, and the treatment time is 10 minutes, the calculation is as follows:  $100 \text{ mW/cm}^2 \times 600 \text{ seconds} / 1000 = 60 \text{ joules/cm}^2$

*The above suggestions are for reference only. Please listen to your doctor's instructions for different doses.*

### Q and A

Why do half the bulbs look like they are not working?

The NIR is mostly an invisible light, barely detectable. So, this is normal.

**Can I wear clothes when using the panel?** Copyright © 2021 LightpathLED  
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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.

**How long do I use per day?**

It is important to always start slow, 2 minutes per area and then you can add 1 minute until you reach maximum time. It's best to skip a day in between sessions initially.

As long as you are feeling well, you can use every day for up to 15 minutes per body area.

**Should I wear goggles?**

Do not look directly into the light. Light therapy has shown positive results for eye