



# What Can a Class IV Laser Do For You?

The benefits of a class 4 laser can include:

- Antinflammatory
- Pain Relief
- Improved Circulation
- Trigger Point Release
- Scar Management
- Lymphatic Function
- Accelerated Healing
- Wound Healing
- Nerve Repair

Lasers use a process called photobiomodulation. The penetrating light from the laser is received by light sensitive chromophores within our cells. One of those chromophores, Cytochrome C Oxidase, then converts the light energy into adenosine triphosphate (ATP). Increased ATP production results in a series of cellular benefits: oxygen and collagen production, wound healing, nerve conduction and endorphine release.

## — The Light Does the Work, Not the Heat —

Lasers treat the cause, not the symptoms, but...

“How long will it take to feel better?”

- Many patients feel some immediate relief after their first session.
- Sustained relief often takes around 2 weeks for more acute injuries
- Chronic issues might need maintenance treatments after 2 weeks

## What to Expect During Your Session

- Your session with us will last anywhere from 8-15 minutes
- The Laser will feel warm but should never be uncomfortable
- Side effects can include fatigue, soreness and headaches, but all brief and passing quickly.