

SUMMUS LASER POD

Patient FAQ

Everything you want to know about Full-Body Class IV LASER therapy

Welcome. The Summus LASER Pod is a new kind of Full-Body wellness technology, and it is natural to have questions before your first session. This guide is designed to answer the ones we hear most often, from what photobiomodulation is and how it works, to what your session will feel like, to the things other patients have shared with us about how they feel after a course of treatment.

Take your time with it. Ask your care team anything this guide does not cover.

1 · UNDERSTANDING THE TECHNOLOGY

What is the Summus LASER Pod?

The Summus **LASER** Pod is the first Full-Body therapy system to deliver true Class IV **LASER** energy across your entire body. For years, Full-Body red-light systems have used LEDs. The Pod is different, it combines therapeutic-grade **LASER** diodes with supporting LED arrays to deliver red and near-infrared light in a more concentrated, precise, and consistent way than any LED-only bed can.

In plain terms: your cells are receiving light the way the science says they respond best to it.



What makes a LASER Pod different from an LED red-light bed?

This is the most important question to understand, because the two technologies look similar from the outside but behave very differently inside your tissue. **LASER** light has four physical properties that ordinary LEDs simply cannot replicate:

WHAT IT MEANS	LED-ONLY BEDS	SUMMUS LASER POD
Focus of the light beam	Scattered in all directions	Directional and concentrated
Purity of color (wavelength)	A wide, imprecise range	A narrow, exact wavelength
Consistency at distance	Weakens quickly across the body	Stays strong across the body
Depth performance	Mostly superficial	Reaches deeper tissue
Dose predictability	Varies with body shape & position	Consistent across body contours

The short version: the Pod delivers the right light, in the right dose, in a way your cells can actually use, consistently, every time.



What does “Class IV LASER” mean, and is it safe for my whole body?

Class IV is a LASER safety category that describes the power of the underlying light source. Handheld Class IV therapy LASERs have been used safely by clinicians for more than two decades. Inside the Pod, that same therapeutic-grade LASER energy is distributed across dozens of emitters so it spreads evenly across your entire body, rather than concentrating at one point.

The enclosure, session timing, cooling system, and safety interlocks are all engineered specifically for Full-Body use. You receive strong, effective light, without focal heat and without any of the concerns associated with open-beam medical LASERs.



Is this like the red-light mask, panel, or home device I already own?

Not really. Consumer red-light panels and masks use low-power LEDs designed for home use. They can be pleasant and offer modest skin benefits, but the emitter technology, dose precision, wavelength accuracy, and Full-Body coverage are in a completely different category from the Pod.

The Pod is an FDA-registered medical device used in a clinical setting, with a structured session protocol, clinical-grade LASER diodes, and engineered Full-Body coverage. Think of it as the difference between a home blood-pressure cuff and the instruments used in a cardiology office, both measure the same thing, but the clinical version is built for a different level of precision and performance.

2 · YOUR SESSION EXPERIENCE

What should I expect during my first session?

Your first Pod session is simple and comfortable:

- You will be given protective eyewear to wear for the entire session.
- You can wear light clothing, a swimsuit, or undergarments. Less fabric means better light exposure, but always wear what is comfortable for you.
- You lie down inside the Pod. The upper canopy closes over you, leaving plenty of room.
- Your technician starts the session. The light turns on and your session runs on a programmed timer.
- You can relax, rest your eyes, listen to music, or simply breathe and enjoy the experience.

Most patients say the biggest surprise is how relaxing the session is, many describe it as a kind of meditative reset.



How long is each session?

Most sessions run 10 to 15 minutes. This is considerably shorter than LED beds, which typically require 20 to 30 minutes, because the Pod's LASER emitters deliver a more concentrated, usable dose in less time.



What will I feel during the session?

The light from Summus Laser Pod does not burn, sting, or hurt. You may notice a pleasant, gentle warmth as circulation increases in your tissue, this is part of the therapeutic effect, not from heating. Many patients report a calming, slightly euphoric sensation, and some fall asleep.

Other patients have told us they notice, during or immediately after a session:

- A relaxed, "settled" feeling, similar to the end of a yoga class or massage
- A subtle warming sensation across the chest, back, and limbs
- Reduced muscle tension and stiffness
- A sense of mental calm and clarity
- Lighter, easier breathing



Does the inside of the Pod get hot?

No. The Pod uses an engineered cooling system that keeps the interior comfortable even while delivering high-radiance LASER energy. You may feel gentle warmth on your skin as blood flow increases, but the Pod itself stays cool and ventilated. This is one of the key engineering advantages of LASER emitters over LEDs, LEDs generate substantial waste heat, while LASER diodes deliver energy much more efficiently.



Do I have to wear eye protection?

Yes. Every person inside the room during a session wears Summus-approved protective eyewear. This is standard practice for any therapeutic LASER device. If you wear prescription glasses or contacts, you can keep them on underneath the goggles.



What should I wear?

Light clothing, a swimsuit, athletic wear, or undergarments are all fine. The more skin exposed to the light, the more complete the treatment, but modesty and comfort come first. You should remove heavy fabrics, large jewelry over treatment areas, and any adhesive patches (such as medication patches) that could block the light. Your technician will guide you.

**Can I wear makeup, lotion, or sunscreen?**

We recommend arriving with clean skin. Heavy creams, makeup, and especially mineral sunscreens can reflect or block light and reduce the therapeutic effect. A quick rinse or wipe-down before your session ensures you get the full benefit.

**Is the Pod claustrophobic?**

Most people find it surprisingly spacious. The canopy is designed with generous interior clearance, soft ambient lighting, and good airflow. You are never sealed in, the Pod is completely open. If you have significant claustrophobia, speak with your technician, we can make adjustments, shorten your first session, or run a brief orientation before you begin.

**Can I fall asleep during a session?**

Yes, and many patients do. It is completely safe. The session ends on an automatic timer, and your technician will check on you as the session concludes. Patients who nap during sessions often report some of the most refreshing rest of their week.

3 · WHAT PATIENTS ARE REPORTING

Every patient's experience is unique, and Class IV Laser therapy is a non-medical wellness intervention, not a cure. That said, the reports we hear back from patients after a course of Pod sessions are remarkably consistent. We share them here not as guarantees, but as the kinds of experiences other patients have described.

What benefits do other patients report from the Pod?

Patients who complete a course of Pod sessions commonly report:

Energy and vitality

- “I have more energy throughout the day”

- “I do not hit that mid-afternoon wall anymore”
- “My workouts feel easier and I recover faster”

Sleep and recovery

- “I am sleeping through the night for the first time in years”
- “I fall asleep faster and wake up more rested”
- “My sleep feels deeper, I dream again”

Pain and stiffness

- “My knees feel looser when I get out of bed”
- “The stiffness in my shoulders is so much better”
- “I have had less back pain, and some days none at all”
- “I’m using less of my pain medication”

Mood and mental clarity

- “I feel more even-keeled, less irritable”
- “My brain fog has lifted”
- “I feel more like myself”

Physical performance and movement

- “I am getting back to activities I had given up on”
- “My flexibility has improved”
- “Muscle soreness after training resolves in a day instead of three”

General wellbeing

- “I just feel better in my body”
- “My skin looks healthier”
- “It has become my weekly reset, I would not give it up”

These outcomes are not guaranteed, and results vary between individuals. Some patients notice changes after just one or two sessions; others build benefit gradually over a course of treatment.



How fast will I see results?

Every body responds on its own timeline. Some general patterns:

- Acute complaints (recent muscle soreness, a minor strain, a new ache) often show noticeable improvement within 1 to 2 weeks.
- Chronic, long-standing complaints typically take 2 to 3 weeks to feel meaningful benefit, with continued improvement over 4 to 8 weeks.
- Sleep, energy, and mood improvements often emerge within the first few sessions.
- Recovery and performance benefits tend to build over a consistent weekly schedule.

Consistency is more important than intensity. A steady rhythm of sessions will almost always outperform a burst of sessions followed by a gap.



How often should I come in?

A typical starting protocol looks like this:

- Weeks 1–2: three sessions per week
- Weeks 3–6: two sessions per week
- Ongoing maintenance: one session per week, or as advised by your provider

Athletes in peak training, patients recovering from injury, and patients working through chronic conditions may benefit from a more intensive schedule during the first month. Your care team will help tailor a plan to your goals.



What kinds of things is the Pod commonly used for?

Patients pursue Full-Body Class IV Laser therapy for a wide range of wellness goals, including:

- General recovery from exercise or physical work
- Temporary relief of minor muscle and joint aches, pain, and stiffness
- Temporary relief of minor pain and stiffness associated with arthritis
- Relaxation of muscles and relief from muscle spasms
- Temporary improvement in local blood circulation
- Sleep quality support
- Support for wellness and longevity programs
- Athletic performance and recovery routines
- Skin appearance and tone

The Pod is not intended to diagnose, treat, cure, or prevent any disease. It is a wellness and recovery tool designed to support the body's own function.

4 · SAFETY AND SUITABILITY

Is the Pod safe?

The Laser therapy has an exceptional safety record across more than fifty years of research and clinical use. The Summus LASER Pod is an FDA-registered medical device built to current Good Manufacturing Practice (cGMP) standards, with engineered interlocks, dose-controlled protocols, and appropriate eye protection. There are no known serious side effects of properly delivered Class IV Laser therapy.



Are there any side effects?

Most patients feel only relaxation, warmth, and wellbeing. On rare occasions, patients have reported mild fatigue, a brief headache, or a temporary increase in aches during the 24 to 48 hours after a session, particularly after their first one or two treatments. This is thought to reflect the body beginning to address underlying inflammation. Any of these sensations typically resolve quickly. If they persist, let your technician or provider know.



Who should not use the Pod?

The Class IV Laser therapy is generally not recommended for people who are:

- Pregnant
- Actively being treated for cancer, or with a recent history of cancer
- Organ transplant recipients
- Taking photosensitizing medications (some antibiotics, some acne drugs, certain psychiatric medications, and others) – check with your provider

These precautions exist because additional research is still needed in these specific populations, not because the Class IV Laser Therapy is known to be harmful. If any of these apply to you, talk with your physician before starting therapy.



Can children use the Pod?

Yes, with parental informed consent and appropriate supervision. Children wear the same protective eyewear and follow the same session protocols, often with shorter durations. Speak with your care team about whether the Pod is appropriate for your child's specific situation.



Can I use the Pod if I have a pacemaker, implant, or metal hardware?

Yes. Unlike heating pads, diathermy, or electromagnetic therapies, the Class IV laser light interacts with your cells photochemically, not electrically or thermally. Light is not absorbed by metal hardware in a way that causes heating, and pacemakers are not affected by the wavelengths used in the Class IV laser therapy. If you have a specific concern, mention it to your provider so it can be documented on your intake.



Can I use the Pod if I have tattoos?

Yes. Dark tattoo ink may absorb slightly more light and create a mild warming sensation in those areas, but there is no harm to the tattoo or the surrounding skin. If a tattoo feels unusually warm, let your technician know, the session can be adjusted.

**What if I take medications?**

Most medications are completely compatible with the Class IV Laser therapy. The main category to be aware of is photosensitizing medications, drugs that increase skin sensitivity to light. These include some antibiotics (especially tetracyclines and some fluoroquinolones), certain acne medications (such as isotretinoin), some chemotherapy agents, and a few other classes. Your intake form will ask about medications, and your provider will let you know if any precautions apply.

**Can I use the Pod if I sunburn easily or have sensitive skin?**

Yes. Light from Summus Laser Pod is not ultraviolet and does not cause sunburn, tanning, or skin damage. It uses blue, yellow, red and near-infrared wavelengths, the same wavelengths associated with skin health and repair, not the UV wavelengths associated with sun damage.

5 · COMBINING THE POD WITH OTHER CARE**Can I combine the Pod with physical therapy, chiropractic, or massage?**

Yes, and many patients find the combination especially powerful. The Class IV Laser therapy supports tissue recovery, reduces inflammation, and improves circulation, all of which can help other manual therapies work more effectively. Some patients do Class IV Laser Therapy before hands-on care to loosen tissue; others do it after to accelerate recovery. Your provider can help you sequence them.

**Can I use the Pod before or after exercise?**

Both are popular among athletes. Pre-workout sessions are sometimes used to warm up tissue and prepare the body for performance. Post-workout sessions are used to reduce delayed-onset soreness and accelerate recovery. Many athletes rotate between the two depending on their training cycle.



Can I use the Pod the same day as an injection, infusion, or procedure?

Timing depends on the procedure. For most routine injections or IV therapy, there is no conflict. For surgical procedures, injectable cosmetic treatments, or anything involving fresh tissue trauma, check with the provider who performed the procedure before resuming Pod sessions. Your Summus provider can help coordinate.

**My clinician has a handheld Summus LASER. Why would they also use the Pod?**

The handheld and the Pod are complementary, not redundant. A handheld LASER concentrates energy on a specific painful joint, muscle, or tissue, that is ideal when your provider needs to work on one targeted area. The Pod, by contrast, delivers LASER energy across your entire body at once, which is ideal for systemic goals like recovery, sleep, inflammation, energy, and Full-Body wellness. Many patients benefit from both in the same treatment plan.

6 · PRACTICAL QUESTIONS**Is the Pod FDA cleared?**

The Summus LASER Pod is an FDA-registered medical device under product code ILY (21 CFR 890.5500). Devices in this category are 510(k) exempt, meaning they do not require separate premarket clearance, but they must be registered with the FDA and manufactured under current Good Manufacturing Practice (cGMP) standards.

Its registered indications for use are:

- Relaxation of muscles and relief from muscle spasms
- Temporary relief of minor muscle and joint aches, pain, and stiffness
- Temporary relief of minor pain and stiffness associated with arthritis
- Temporary increase in local blood circulation

**Is Full-Body Laser therapy covered by insurance?**

Full-Body Laser therapy is generally considered a wellness service and is not typically covered by health insurance. Many practices offer memberships or package pricing to make sessions more accessible. HSA and FSA eligibility varies by plan and by the specific indication, your clinic's front desk can help you explore options.



Do I need to do anything to prepare?

Good general guidance before a session:

- Arrive well-hydrated. Water supports circulation and recovery.
- Arrive with clean skin, minimal makeup, and no heavy lotions or sunscreens.
- Eat a light meal or snack an hour or two before, avoid coming in completely fasted.
- Remove jewelry, watches, and adhesive medication patches over treatment areas.
- If you have long hair, consider bringing a soft hair tie.



Do I need to do anything afterward?

Drink water. Move gently. Give your body the opportunity to respond to what it has just received. Many patients find that a short walk or easy stretching after a session feels especially good. There is no downtime, you can return to your normal activities immediately.



Can I do the Pod too often?

The Class IV Laser Therapy follows what scientists call a biphasic dose-response, too little has no effect, the right amount produces benefit, and excessive dosing can blunt the effect. The Pod's protocols are engineered to keep you in the therapeutic range, and a typical schedule of 2 to 3 sessions per week is well within that range. More is not necessarily better. Your care team will help you find the rhythm that works for your body and your goals.



Is there scientific evidence behind this?

Yes, and it is substantial. There are more than 550 randomized controlled trials and over 4,000 laboratory studies on Laser therapy published to date, with roughly 40 new peer-reviewed papers appearing each month. Class IV Laser Therapy is used in clinics, hospitals, and elite sports programs in more than 70 countries.

If you want to explore the research yourself, visit [PubMed.gov](https://pubmed.gov) and search for any of: "low-level laser therapy," or "LLLT." Your provider can also share a curated list of research relevant to your particular goals.



How long has this kind of LASER technology been in clinical use?

Therapeutic LASER has been used in clinical care for more than four decades. Summus Medical LASER has been a leader in Class IV therapy LASER devices used by physicians, chiropractors, physical therapists, veterinarians, and athletic trainers around the world. The Summus LASER Pod represents the next step in that lineage, taking the proven physics of clinical LASER therapy and engineering it for the whole body.



Will the Pod help me if I am generally healthy?

Yes, this is one of its most popular uses. Many Pod patients are not coming in because something is wrong, they are coming in because they want to stay ahead of the natural wear of aging, training, and stress. Full-Body Laser Therapy is increasingly used in longevity, performance, and wellness programs specifically because it supports cellular function before symptoms appear.



What is the one thing you wish every patient knew before starting?

Consistency matters more than anything else. Patients who commit to a regular schedule, even if it is just once a week, almost always report better results than those who come in sporadically. The Class IV Laser Therapy is cumulative. Each session builds on the one before. Give yourself a full course, ideally four to eight weeks of steady sessions, and let your body do what it is remarkably well-designed to do.

And above all: ask questions. Tell your care team how you feel, what changes you notice, and what you hope to get out of your sessions. This therapy works best as a partnership.

**HANDHELD LASERS FOCUS POWER.
THE LASER POD DISTRIBUTES IT.**

Welcome to Full-Body wellness at the speed of light.

Regulatory Notice and Disclaimer

The Summus LASER Pod is an FDA-registered medical device, 510(k) exempt, under product code ILY (21 CFR 890.5500, Lamp, Infrared, Therapeutic, Heating). It is intended for the temporary relief of minor muscle and joint pain, stiffness, minor arthritis pain, muscle spasms, temporary increase in local blood circulation, and the help in temporary relaxation of muscles through the application of topical elevated tissue temperature via infrared spectral emissions. This device is not intended to diagnose, treat, cure, or prevent any disease. Individual outcomes described in this FAQ are reported by patients and are not intended to guarantee, promise, or represent that any specific person will experience the same or similar results. If you have a medical condition or are taking prescription medications, consult your healthcare provider before beginning the class IV Laser therapy.

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