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| **Supplemental Table 1. Parameters used for the images taken at the different time points.** |
|  |  |  |  |  | **STED Parameters** |
| **Time (h)** | **Pixel size X, Y and Z (µm)** | **Zoom** | **Pinhole (µm)** | **Pinhole Airy (AU)** | **Beam selection** | **592 (W)** | **660 (W)** | **775 (W)** | **775 nm intensity** |
| **1** | 0.034, 0.034, 0.150 | 1.51 | 119.3 | 0.83 | 44.8 | 1.5 | 1.5 | 1.5 | 22.9% |
| **2** | 0.034, 0.034, 0.150 | 1.84 | 119.3 | 0.83 | 44.8 | 1.5 | 1.5 | 1.5 | 23.4% |
| **3** | 0.036, 0.036, 0.155 | 2.20 | 119.3 | 0.83 | 44.8 | 1.5 | 1.5 | 1.5 | 19.9% |
| **4** | 0.036, 0.036, 0.200 | 2.42 | 119.3 | 0.83 | 44.8 | 1.5 | 1.5 | 1.5 | 19.9% |
| **5** | 0.033, 0.033, 0.170 | 1.76 | 119.3 | 0.83 | 44.8 | 1.5 | 1.5 | 1.5 | 24.9% |
| **6** | 0.034, 0.034, 0.170 | 1.82 | 119.3 | 0.83 | 44.8 | 1.5 | 1.5 | 1.5 | 22.9% |
| **7** | 0.033, 0.033, 0.170 | 2.99 | 119.3 | 0.83 | 44.8 | 1.5 | 1.5 | 1.5 | 24.9% |