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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% |