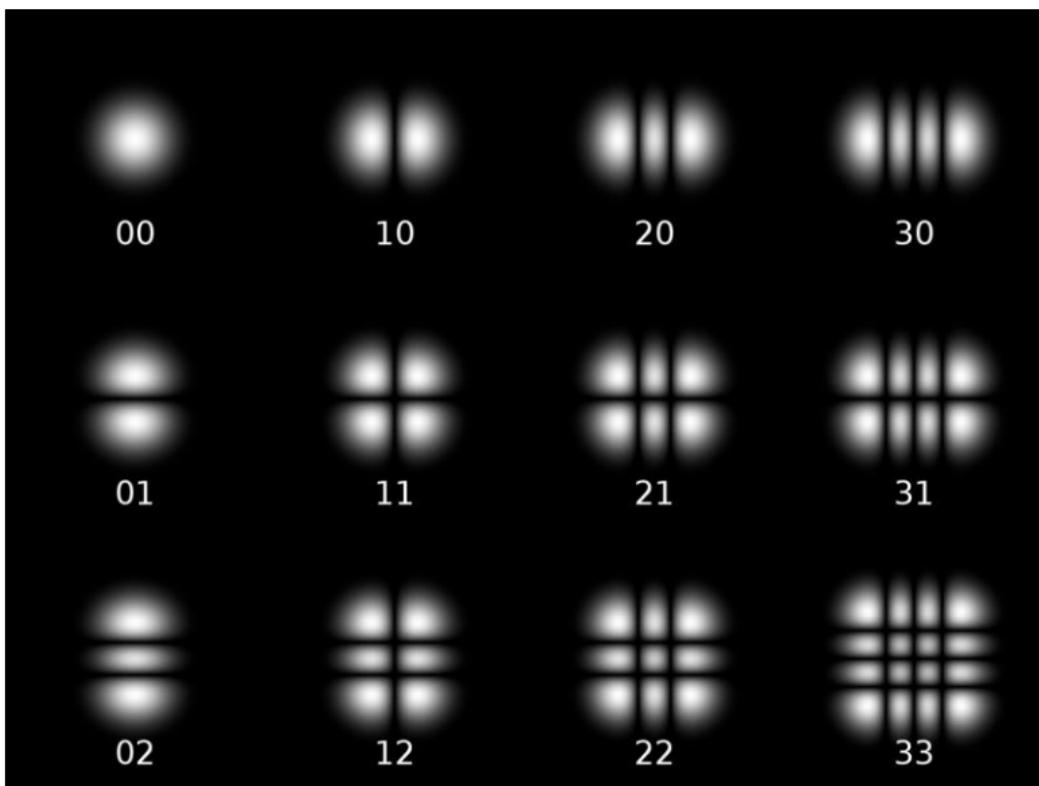


Transverse modes ( $\text{TEM}_{mn}$ )

Hermite-Gaussian

Brewster's windows in cavity



## Hermite-Gaussian

$$E_{mn}(x, y, z) = E_0 \frac{w_0}{w(z)} H_m\left(\frac{\sqrt{2}x}{w}\right) H_n\left(\frac{\sqrt{2}y}{w}\right) \times \\ \times \exp\left[-\frac{(x^2 + y^2)}{w^2(z)} - ik \frac{(x^2 + y^2)}{2R(z)} - ikz + i(m+n+1)\phi(z)\right]$$

$$H_0(u) = 1$$

$$H_1(u) = 2u$$

$$H_2(u) = 2(2u^2 - 1)$$

...

$$H_m(u) = (-1)^m e^{u^2} \frac{d^m (e^{-u^2})}{du^m}$$

Hermite's polynomials

Gaussian modes ( $\text{TEM}_{mn}$ )

$$w^2(z) = w_0^2 \left[ 1 + \left( \frac{\lambda z}{\pi w_0^2} \right)^2 \right] = w_0^2 \left[ 1 + \left( \frac{z}{z_0} \right)^2 \right]$$

Beam spot  
radius

$$w_0 = w(z=0)$$

Beam waist

$$z_0 = \frac{\pi w_0^2}{\lambda}$$

Rayleigh  
range

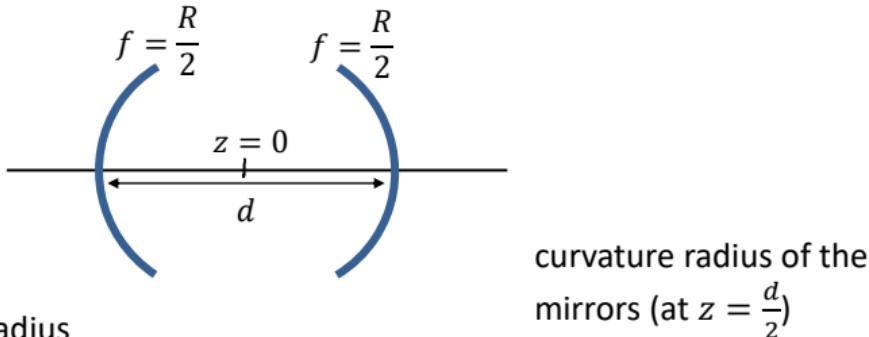
$$R(z) = z \left[ 1 + \left( \frac{z_0}{z} \right)^2 \right]$$

Wavefront curvature  
radius

$$\phi(z) = \tan^{-1} \left( \frac{z}{z_0} \right)$$

Phase factor

Let's consider a symmetrical cavity formed by two concave mirrors with radius of curvature  $R$ , at a distance  $d$ :



Wavefront curvature radius

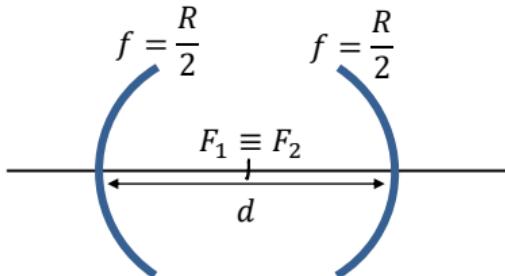
$$R(z) = z \left[ 1 + \left( \frac{z_0}{z} \right)^2 \right] \quad \Rightarrow \quad R \left( z = \frac{d}{2} \right) = \frac{d}{2} + \frac{2z_0^2}{d} = R$$

$$R = \frac{d^2 + 4z_0^2}{2d} \quad \Rightarrow \quad z_0^2 = \frac{d(2R - d)}{4} \quad \Rightarrow \quad z_0 = \frac{\sqrt{d(2R - d)}}{2} = \frac{\pi w_0^2}{\lambda}$$

$$\Rightarrow \quad w_0^2 = \frac{\lambda}{2\pi} \sqrt{d(2R - d)}$$

# Optical resonators

For a **confocal resonator**:  $d = R$



$$z_0 = \frac{\sqrt{d(2R-d)}}{2} = \frac{d}{2} \quad \Rightarrow \quad w_0^2 = \frac{\lambda}{2\pi} \sqrt{d(2R-d)} = \frac{\lambda d}{2\pi} \quad w_0 = \sqrt{\frac{\lambda d}{2\pi}}$$

$$w^2(z) = w_0^2 \left[ 1 + \left( \frac{z}{z_0} \right)^2 \right] \quad \Rightarrow \quad w^2 \left( z = \frac{d}{2} \right) = w_0^2 \left[ 1 + \left( \frac{d/2}{d/2} \right)^2 \right]$$

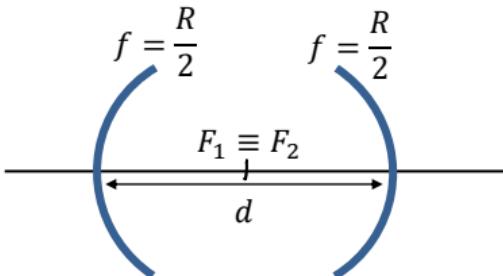
$$\Rightarrow \quad w \left( \frac{d}{2} \right) = \sqrt{2} w_0 = \sqrt{\frac{\lambda d}{\pi}}$$

# Optical resonators

For a **confocal resonator**:  $d = R$

$$d = R = 1 \text{ m}$$

$$\lambda = 532 \text{ nm}$$



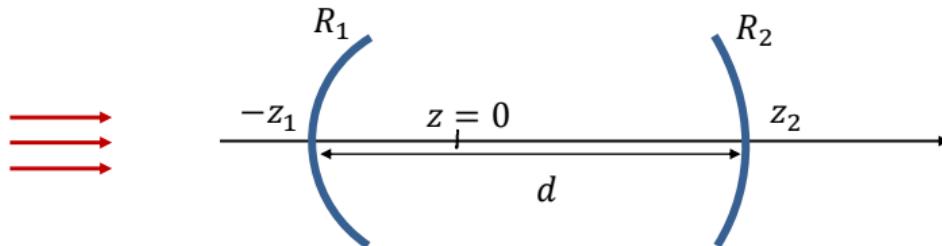
$$z_0 = \frac{d}{2} = 0.5 \text{ m} \quad w_0 = \sqrt{\frac{\lambda z_0}{\pi}} = \sqrt{\frac{\lambda d}{2\pi}} = 0.29 \text{ mm}$$

$$w\left(\frac{d}{2}\right) = w(z_0) = \sqrt{2}w_0 = 0.41 \text{ mm}$$

$$\vartheta = \frac{2\lambda}{\pi w_0} = 1.2 \cdot 10^{-3} \text{ rad} = 0.07^\circ \quad \text{Far-field beam divergence}$$

# Optical resonators

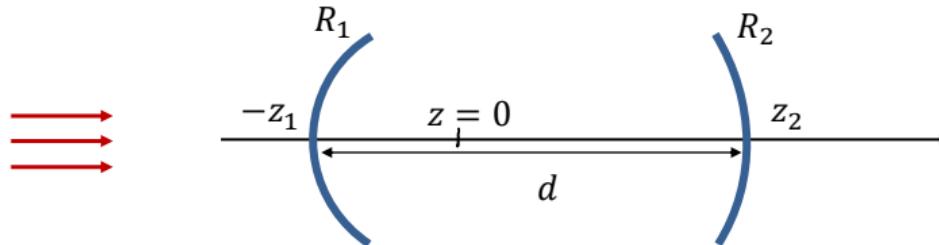
Let's consider a two-mirror **asymmetrical** cavity:



$$\left\{ \begin{array}{l} d = z_2 + z_1 \\ R(z_2) = z_2 \left[ 1 + \left( \frac{z_0}{z_2} \right)^2 \right] = R_2 \\ R(-z_1) = -z_1 \left[ 1 + \left( \frac{z_0}{-z_1} \right)^2 \right] = -R_1 \end{array} \right.$$

The “-” sign has to be considered here since the system of reference is unique (from left to right) and thus mirror 1 is seen having an opposite radius with respect to how it is seen from inside the cavity (e.g., convex instead of concave in the example in the figure) for a light beam coming from left.

Let's consider a two-mirror **asymmetrical** cavity:



$$\left\{ \begin{array}{l} z_2^2 + z_0^2 = R_2 z_2 \\ z_1^2 + z_0^2 = R_1 z_1 \end{array} \right. \Rightarrow \left\{ \begin{array}{l} z_0^2 = R_2 z_2 - z_2^2 \\ z_1^2 + R_2 z_2 - z_2^2 - R_1 z_1 = 0 \end{array} \right. \quad \begin{array}{l} (*) \\ (**) \end{array}$$

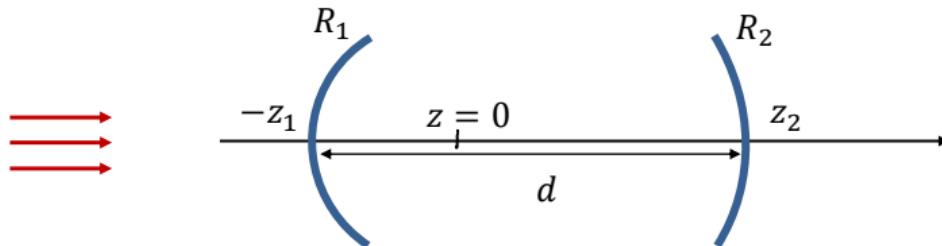
$$(*) \quad z_0^2 = R_2 z_2 - z_2^2 = z_2(R_2 - z_2) \quad \Rightarrow \quad z_0 = \sqrt{z_2(R_2 - z_2)}$$

$z_1 = d - z_2 \quad \Rightarrow \quad$  substituting in (\*\*) we get

$$(d - z_2)^2 + R_2 z_2 - z_2^2 - R_1(d - z_2) = 0 \quad \Rightarrow \quad z_2 = \frac{d(R_1 - d)}{R_1 + R_2 - 2d}$$

# Optical resonators

Let's consider a two-mirror **asymmetrical** cavity:

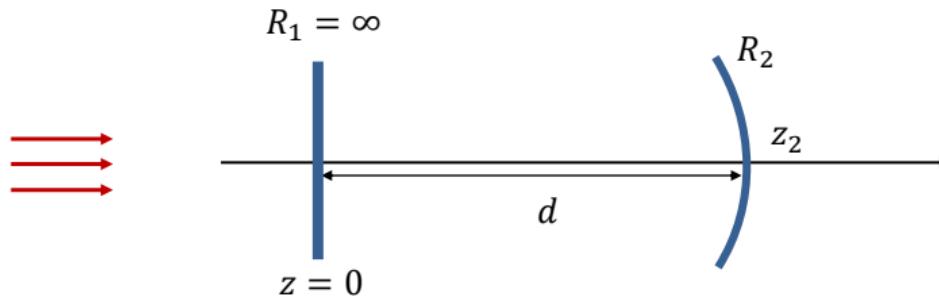


$$z_2 = \frac{d(R_1 - d)}{R_1 + R_2 - 2d} \quad z_0 = \sqrt{z_2(R_2 - z_2)} \quad z_1 = d - z_2$$

$0 < z_2 < d \Rightarrow$  the beam waist is inside the cavity

If  $z_0$  is complex number ( $z_0 \in \mathbb{C}$ ) the cavity becomes **unstable**

Let's consider a two-mirror **asymmetrical** cavity:



$$z_2 = \frac{d(R_1 - d)}{R_1 + R_2 - 2d} \quad z_0 = \sqrt{z_2(R_2 - z_2)} \quad z_1 = d - z_2$$

If one of the two mirrors is a plane mirror ( $R = \infty$ ), then the beam waist will be at the plane mirror and its position will be at  $z = 0$

$$w(z = 0) = w_0 \quad R(z = 0) = \infty \quad \Rightarrow \quad \begin{cases} z_2 = d \\ z_0 = \sqrt{d(R_2 - d)} \end{cases}$$

# Optical resonators

**Q:** A CO<sub>2</sub> laser ( $\lambda = 10.6 \mu\text{m}$ ) has an asymmetric two-mirror optical cavity formed by two concave mirrors with curvature radii of  $R_1 = 20 \text{ m}$  and  $R_2 = 10 \text{ m}$ , at a distance  $d = 1.5 \text{ m}$ .

Determine:

- size and position of the beam waist
- beam radius at each mirror
- Rayleigh range of the beam extracted from the cavity

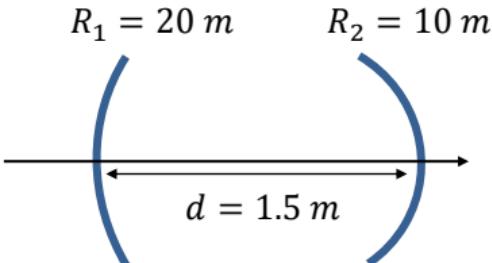
Is the resonator stable or unstable?

**A:** Stability condition  $0 \leq g_1 g_2 \leq 1$

$$g_1 = 1 - \frac{d}{R_1} = 1 - \frac{1.5}{20} = 0.925$$

$$g_2 = 1 - \frac{d}{R_2} = 1 - \frac{1.5}{10} = 0.85$$

$$0 \leq g_1 g_2 = 0.786 \leq 1 \quad \Rightarrow \quad \text{stable}$$



**Q:** A CO<sub>2</sub> laser ( $\lambda = 10.6 \mu m$ ) has an asymmetric two-mirror optical cavity formed by two concave mirrors with curvature radii of  $R_1 = 20 m$  and  $R_2 = 10 m$ , at a distance  $d = 1.5 m$ .

Determine:

- size and position of the beam waist
- beam radius at each mirror
- Rayleigh range of the beam extracted from the cavity

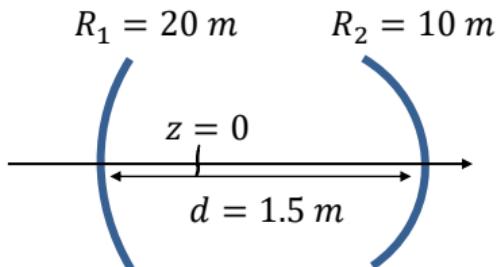
Is the resonator stable or unstable?

**A:**

$$z_2 = \frac{d(R_1 - d)}{R_1 + R_2 - 2d} = \frac{1.5(20 - 1.5)}{20 + 10 - 3} = 1.03 m$$

$$0 < z_2 < d = 1.5 m$$

$\Rightarrow$  the beam waist is inside the cavity



# Optical resonators

**Q:** A CO<sub>2</sub> laser ( $\lambda = 10.6 \mu m$ ) has an asymmetric two-mirror optical cavity formed by two concave mirrors with curvature radii of  $R_1 = 20 m$  and  $R_2 = 10 m$ , at a distance  $d = 1.5 m$ .

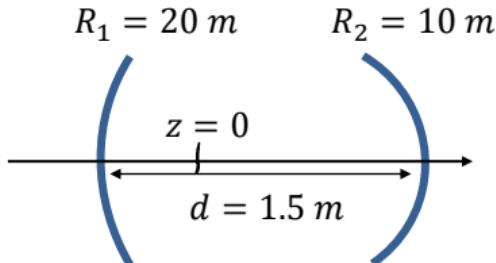
Determine:

- size and position of the beam waist
- beam radius at each mirror
- Rayleigh range of the beam extracted from the cavity

Is the resonator stable or unstable?

**A:**

$$\begin{aligned} z_0 &= \sqrt{z_2(R_2 - z_2)} = \\ &= \sqrt{1.03(10 - 1.03)} = 3.04 \text{ m} \\ &= \frac{\pi w_0^2}{\lambda} \\ \Rightarrow w_0 &= \sqrt{\frac{\lambda z_0}{\pi}} = 3.2 \text{ mm} \end{aligned}$$



**Q:** A CO<sub>2</sub> laser ( $\lambda = 10.6 \mu m$ ) has an asymmetric two-mirror optical cavity formed by two concave mirrors with curvature radii of  $R_1 = 20 m$  and  $R_2 = 10 m$ , at a distance  $d = 1.5 m$ .

Determine:

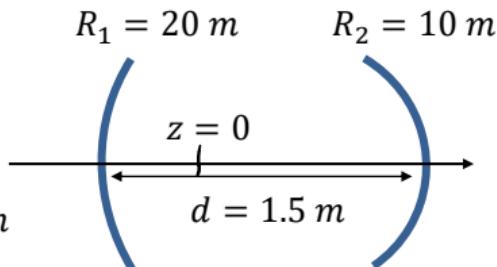
- size and position of the beam waist
- beam radius at each mirror
- Rayleigh range of the beam extracted from the cavity

Is the resonator stable or unstable?

**A:**

$$w_2 = w(z_2) = w_0 \sqrt{1 + \left(\frac{z_2}{z_0}\right)^2} = 3.38 \text{ mm}$$

$$w_1 = w(z_1) = w_0 \sqrt{1 + \left(\frac{z_2 - d}{z_0}\right)^2} = 3.24 \text{ mm}$$



# Gaussian beam propagation

The properties of a **Gaussian beam** are totally determined **in every point** of the space if it is known the **beam waist** and the **curvature** radius **in one specific point**.

The ABCD matrix method allows us to calculate the propagation of a Gaussian beam through any optical element.

$$\frac{1}{q(z)} = \frac{1}{R(z)} - i \frac{\lambda}{n\pi w^2(z)}$$

**Complex parameter**  
of the Gaussian beam

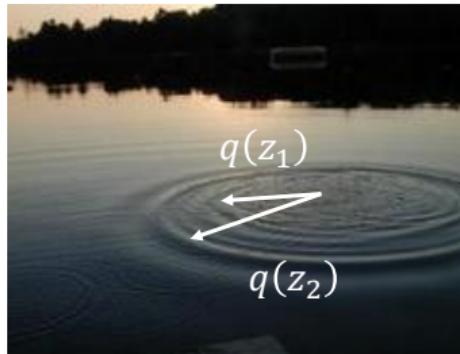
$q(z)$  contains information on  $\lambda$ , the radius of curvature  $R(z)$  and the waist  $w(z)$  of the beam in the point  $z$

$n$  = refractive index of the medium

$$w^2(z) = w_0^2 \left[ 1 + \left( \frac{z}{z_0} \right)^2 \right] \quad z_0 = \frac{n\pi w_0^2}{\lambda} \quad R(z) = z \left[ 1 + \left( \frac{z_0}{z} \right)^2 \right]$$

$$\frac{1}{q(z)} = \frac{1}{R(z)} - i \frac{\lambda}{n\pi w^2(z)} = \frac{1}{q_0 + z}$$

$$q_0 = q(z=0) = i \frac{n\pi w_0^2}{\lambda} = iz_0$$



⇒  $q(z)$  is the **complex curvature radius** of the Gaussian beam

it transforms itself as the curvature radius of a spherical wave:

$$q(z_2) = q(z_1) + (z_2 - z_1)$$

$n$  = refractive index of the medium

$$w^2(z) = w_0^2 \left[ 1 + \left( \frac{z}{z_0} \right)^2 \right] \quad z_0 = \frac{n\pi w_0^2}{\lambda} \quad R(z) = z \left[ 1 + \left( \frac{z_0}{z} \right)^2 \right]$$

Given the parameter  $q_1 = q(z_1)$  in a point  $z_1$ , the parameter  $q_2 = q(z_2)$  in the point  $z_2$  after the interaction of the beam with an optical element with  $\begin{bmatrix} A & B \\ C & D \end{bmatrix}$  matrix can be obtained applying the **propagation relation**:

$$q_2 = \frac{Aq_1 + B}{Cq_1 + D} \quad \Rightarrow \quad \frac{1}{q_2} = \frac{C + D\left(\frac{1}{q_1}\right)}{A + B\left(\frac{1}{q_1}\right)} = \frac{1}{R_2(z)} - i \frac{\lambda}{n\pi w_2^2(z)}$$

### Free-space propagation (for a distance $z$ )

Let's assume that at the coordinate  $z_1 = 0$  the beam has plane wavefront  $R(z_1) = \infty$  and beam waist  $w(z_1) = w_0$

$$\begin{bmatrix} A & B \\ C & D \end{bmatrix} = \begin{bmatrix} 1 & z \\ 0 & 1 \end{bmatrix} \quad \frac{1}{q_1} = -i \frac{\lambda}{n\pi w_0^2} = -\frac{i}{z_0} = \frac{1}{iz_0} \quad z_0 = \frac{n\pi w_0^2}{\lambda}$$

$$\frac{1}{q_2} = \frac{C + D \left( \frac{1}{q_1} \right)}{A + B \left( \frac{1}{q_1} \right)} = \frac{0 + \frac{1}{q_1}}{1 + z \frac{1}{q_1}} = \frac{\frac{1}{iz_0}}{1 + \frac{z}{iz_0}} = \frac{1}{z + iz_0} = \frac{z - iz_0}{(z + iz_0)(z - iz_0)}$$

$$= \frac{z - iz_0}{z^2 + z_0^2} = \frac{z}{z^2 + z_0^2} - i \frac{z_0}{z^2 + z_0^2} = \frac{1}{z \left[ 1 + \left( \frac{z_0}{z} \right)^2 \right]} - i \frac{1}{z_0 \left[ 1 + \left( \frac{z}{z_0} \right)^2 \right]}$$

$$= \frac{1}{R(z)} - i \frac{\lambda}{n\pi w_0^2 \left[ 1 + \left( \frac{z}{z_0} \right)^2 \right]} = \frac{1}{R(z)} - i \frac{\lambda}{n\pi w^2(z)}$$

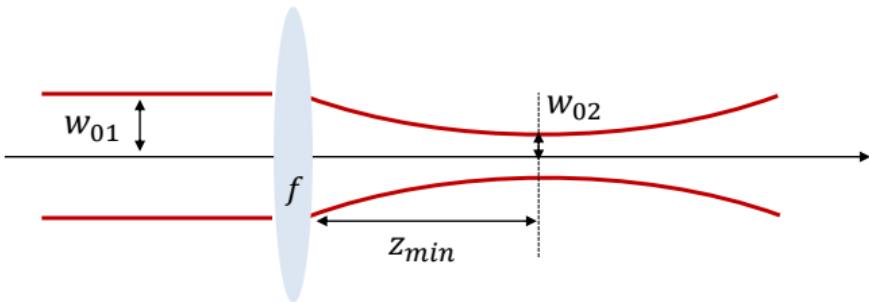
$$\begin{bmatrix} A & B \\ C & D \end{bmatrix} = \begin{bmatrix} 1 & z \\ 0 & 1 \end{bmatrix} \quad \frac{1}{q_1} = -i \frac{\lambda}{n\pi w_0^2} = -\frac{i}{z_0} = \frac{1}{iz_0} \quad z_0 = \frac{n\pi w_0^2}{\lambda}$$

**Gaussian beam with plane wavefront impinging on a thin lens** (with focal length  $f$ )

$$R(z_1) = \infty$$

$$w(z_1) = w_{01}$$

$$z_{01} = \frac{n\pi w_{01}^2}{\lambda}$$



$$\begin{bmatrix} A & B \\ C & D \end{bmatrix} = \begin{bmatrix} 1 & z \\ 0 & 1 \end{bmatrix} \begin{bmatrix} 1 & 0 \\ -\frac{1}{f} & 1 \end{bmatrix} = \begin{bmatrix} 1 - \frac{z}{f} & z \\ -\frac{1}{f} & 1 \end{bmatrix}$$

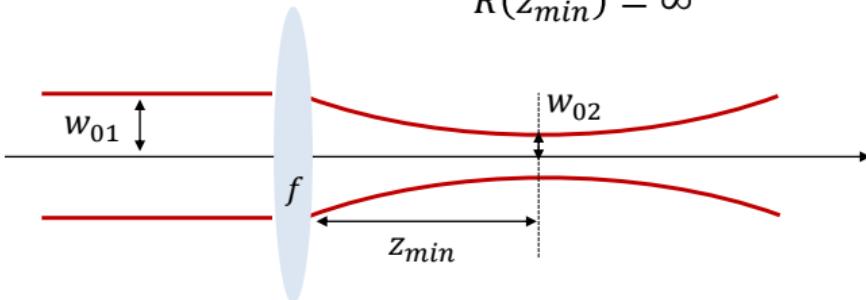
$$\frac{1}{q_1} = -i \frac{\lambda}{n\pi w_{01}^2} = -i \frac{1}{z_{01}} \quad \Rightarrow \quad \frac{1}{q_2} = \frac{C + D \left( \frac{1}{q_1} \right)}{A + B \left( \frac{1}{q_1} \right)} = \frac{-\frac{1}{f} + \frac{1}{q_1}}{1 - \frac{z}{f} + \frac{z}{q_1}}$$

$$\begin{aligned}
 \frac{1}{q_2} &= \frac{-\frac{1}{f} + \frac{1}{q_1}}{1 - \frac{z}{f} + \frac{z}{q_1}} = \frac{-\frac{1}{f} - \frac{i}{z_{01}}}{1 - \frac{z}{f} - \frac{iz}{z_{01}}} = \frac{\left(-\frac{1}{f} - \frac{i}{z_{01}}\right)\left(1 - \frac{z}{f} + \frac{iz}{z_{01}}\right)}{\left(1 - \frac{z}{f}\right)^2 + \left(\frac{z}{z_{01}}\right)^2} \\
 &= \frac{-\frac{1}{f} + \frac{z}{f^2} - \cancel{\frac{iz}{z_{01}f}} - \frac{i}{z_{01}} + \cancel{\frac{iz}{z_{01}f}} + \frac{z}{z_{01}^2}}{\left(1 - \frac{z}{f}\right)^2 + \left(\frac{z}{z_{01}}\right)^2} \\
 &= \frac{-\frac{1}{f} + z\left(\frac{1}{f^2} + \frac{1}{z_{01}^2}\right)}{\left(1 - \frac{z}{f}\right)^2 + \left(\frac{z}{z_{01}}\right)^2} - i \frac{\frac{1}{z_{01}}}{\left(1 - \frac{z}{f}\right)^2 + \left(\frac{z}{z_{01}}\right)^2} \\
 &= \frac{1}{R(z)} - i \frac{\lambda}{n\pi w^2(z)} \quad \Rightarrow \quad z = z_{min} \quad R(z_{min}) = \infty
 \end{aligned}$$

plane wavefront

$$\frac{1}{R(z_{min})} = 0$$

$$R(z_{min}) = \infty$$



$$\frac{1}{q_2} = \boxed{\frac{-\frac{1}{f} + z \left( \frac{1}{f^2} + \frac{1}{z_{01}^2} \right)}{\left( 1 - \frac{z}{f} \right)^2 + \left( \frac{z}{z_{01}} \right)^2}} - i \frac{\frac{1}{z_{01}}}{\left( 1 - \frac{z}{f} \right)^2 + \left( \frac{z}{z_{01}} \right)^2} = \boxed{\frac{1}{R(z)}} - i \frac{\lambda}{n\pi w^2(z)}$$

$$\Rightarrow -\frac{1}{f} + z_{min} \left( \frac{1}{f^2} + \frac{1}{z_{01}^2} \right) = 0 \quad \Rightarrow \quad z_{min} = \frac{\frac{1}{f}}{\frac{1}{f^2} + \frac{1}{z_{01}^2}} = \frac{f}{1 + \frac{f^2}{z_{01}^2}} < f \quad !!$$

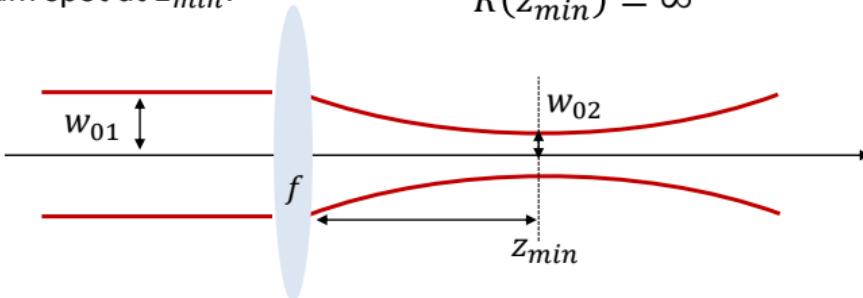
$$z_{01} \gg f \quad \Rightarrow \quad z_{min} \cong f$$

To determine the beam spot at  $z_{min}$ :

$$w_{02} = w(z_{min})$$

$$z_{01} = \frac{n\pi w_{01}^2}{\lambda}$$

$$R(z_{min}) = \infty$$



$$\frac{1}{q_2} = \frac{-\frac{1}{f} + z \left( \frac{1}{f^2} + \frac{1}{z_{01}^2} \right)}{\left( 1 - \frac{z}{f} \right)^2 + \left( \frac{z}{z_{01}} \right)^2} - i \boxed{\frac{\frac{1}{z_{01}}}{\left( 1 - \frac{z}{f} \right)^2 + \left( \frac{z}{z_{01}} \right)^2}} = \frac{1}{R(z)} - i \boxed{\frac{\lambda}{n\pi w^2(z)}}$$

⇒

$$\frac{1}{z_{01} \left[ \left( 1 - \frac{z_{min}}{f} \right)^2 + \left( \frac{z_{min}}{z_{01}} \right)^2 \right]} = \frac{\lambda}{n\pi w_{01}^2 \left[ \left( 1 - \frac{z_{min}}{f} \right)^2 + \left( \frac{z_{min}}{z_{01}} \right)^2 \right]} = \frac{\lambda}{n\pi w^2(z_{min})}$$

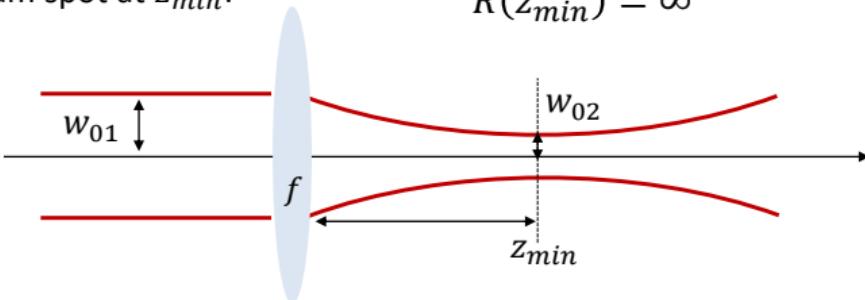
# Gaussian beam propagation

To determine the beam spot at  $z_{min}$ :

$$R(z_{min}) = \infty$$

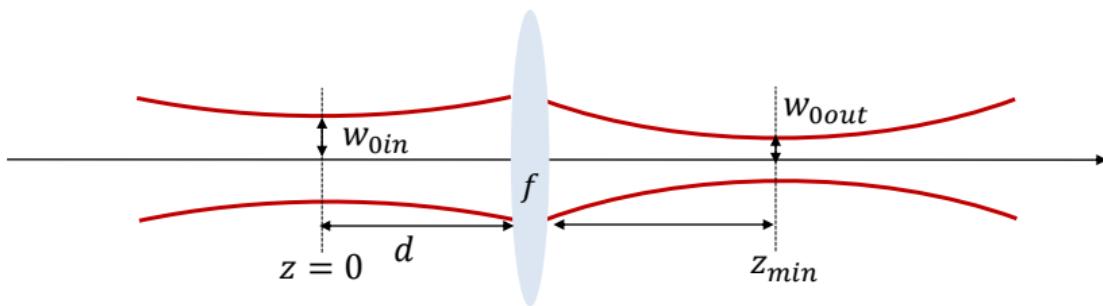
$$w_{02} = w(z_{min})$$

$$z_{01} = \frac{n\pi w_{01}^2}{\lambda}$$



$$\begin{aligned} w_{02}^2 &= w^2(z_{min}) = w_{01}^2 \left[ \left(1 - \frac{z_{min}}{f}\right)^2 + \left(\frac{z_{min}}{z_{01}}\right)^2 \right] & z_{min} &= \frac{f z_{01}^2}{f^2 + z_{01}^2} \\ &\stackrel{f \gg z_{01}}{=} \frac{w_{01}^2 f^2}{f^2 + z_{01}^2} & \Rightarrow w_{02} &= \frac{w_{01} f}{z_{01} \sqrt{1 + \left(\frac{f}{z_{01}}\right)^2}} \cong \frac{w_{01} f}{z_{01}} & z_{01} \gg f \\ &\stackrel{z_{01} \gg f}{=} \frac{w_{01}^2 f^2}{z_{01}^2 \left[1 + \left(\frac{f}{z_{01}}\right)^2\right]} & w_{02} &\cong \frac{\lambda f}{n\pi w_{01}} \end{aligned}$$

Determine the output waist of a Gaussian beam impinging on a thin lens with focal length  $f$ , whose input waist is at a distance  $d$  before the lens.



$$z_{0in} = \frac{n\pi w_{0in}^2}{\lambda}$$

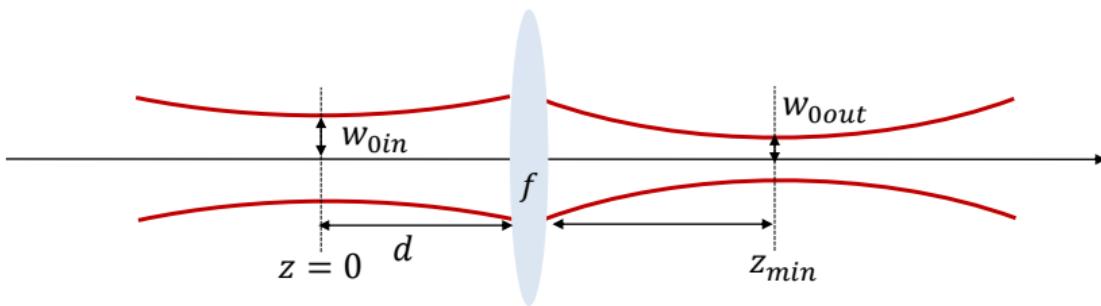
$$R(z=0) = \infty$$

$$\frac{1}{q_{in}} = -i \frac{\lambda}{n\pi w_{0in}^2} = -i \frac{1}{z_{0in}}$$

$$\begin{bmatrix} A & B \\ C & D \end{bmatrix} = \begin{bmatrix} 1 & z \\ 0 & 1 \end{bmatrix} \begin{bmatrix} 1 & 0 \\ -\frac{1}{f} & 1 \end{bmatrix} \begin{bmatrix} 1 & d \\ 0 & 1 \end{bmatrix} = \begin{bmatrix} 1 - \frac{z}{f} & d + z \left(1 - \frac{d}{f}\right) \\ -\frac{1}{f} & 1 - \frac{d}{f} \end{bmatrix}$$

## Gaussian beam propagation

Determine the output waist of a Gaussian beam impinging on a thin lens with focal length  $f$ , whose input waist is at a distance  $d$  before the lens.



$$z_{0in} = \frac{n\pi w_{0in}^2}{\lambda}$$

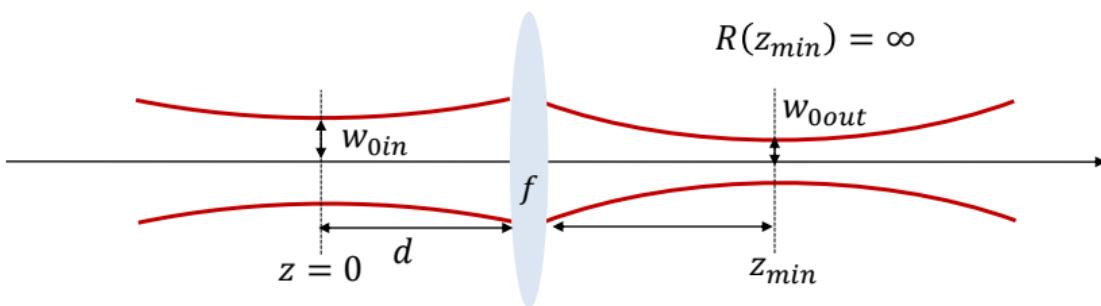
$$R(z=0) = \infty$$

$$\frac{1}{q_{in}} = -i \frac{\lambda}{n\pi w_{0in}^2} = -i \frac{1}{z_{0in}}$$

$$\begin{bmatrix} A & B \\ C & D \end{bmatrix} = \begin{bmatrix} 1 - \frac{z}{f} & d + z \left(1 - \frac{d}{f}\right) \\ -\frac{1}{f} & 1 - \frac{d}{f} \end{bmatrix}$$

$$\frac{1}{q_{out}} = \frac{C + D \left(\frac{1}{q_{in}}\right)}{A + B \left(\frac{1}{q_{in}}\right)} = \frac{1}{R(z)} - i \frac{\lambda}{n\pi w^2(z)}$$

Determine the output waist of a Gaussian beam impinging on a thin lens with focal length  $f$ , whose input waist is at a distance  $d$  before the lens.



$$\frac{1}{R(z_{min})} = 0 \quad \Rightarrow \quad z[(f-d)^2 + z_{0in}^2] + fd(f-d) - z_{0in}^2 f = 0$$

$$z_{min} = \frac{z_{0in}^2 f - fd(f-d)}{(f-d)^2 + z_{0in}^2}$$

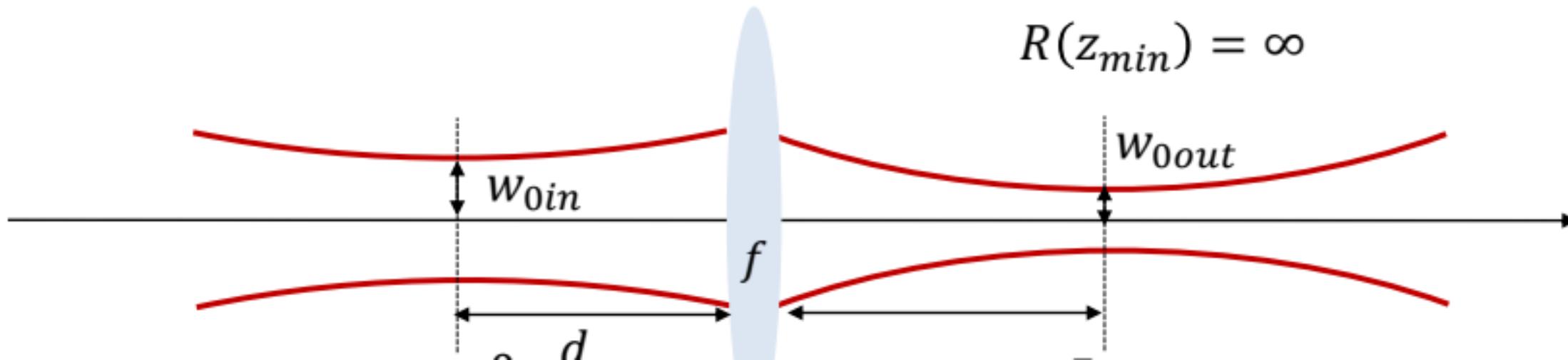
Let's assume the lens is converging ( $f > 0$ )  
and  $d = f$

$$\Rightarrow z_{min} = \frac{z_{0in}^2 f - f^2(f-f)}{(f-f)^2 + z_{0in}^2} = \frac{z_{0in}^2 f}{z_{0in}^2} = f \quad !!$$

A Gaussian beam with input waist at a distance  $d = f$  from a converging lens will be focalized at  $z_{min} = f$  independently of the Rayleigh range!

# Gaussian beam propagation

Determine the output waist of a Gaussian beam impinging on a thin lens with focal length  $f$ , whose input waist is at a distance  $d$  before the lens.



$z = 0$  $z_{min}$ 

$$\frac{\lambda}{n\pi w^2(z_{min})} = \frac{1}{z_{0out}} = z_{0in} \frac{fd + f(f-d)}{[fd + z_{min}(f-d)]^2 + z_{0in}^2(f - z_{min})^2}$$

$$d = f \Rightarrow z_{min} = f \quad | \quad = z_{0in} \frac{f^2}{f^4} = \frac{z_{0in}}{f^2} \quad \Rightarrow \quad z_{0out} = \frac{f^2}{z_{0in}}$$

$$\Rightarrow \frac{n\pi w_{0out}^2}{\lambda} \frac{n\pi w_{0in}^2}{\lambda} = f^2 \quad \Rightarrow \quad w_{0out} = \frac{\lambda f}{n\pi w_{0in}}$$

The larger the input waist at  $d = f$ , the smaller the output waist!