

$$LG_n^l(r, \phi, z) = \sqrt{\frac{2 n!}{\pi(|l| + n)!}} \frac{(\sqrt{2}r)^{|l|}}{(\omega(z))^{|l|+1}} \exp\left(\frac{-r^2}{\omega^2(z)}\right) L_n^{|l|}\left(\frac{2r^2}{\omega^2(z)}\right) \\ \times \exp\left(\frac{ikr^2}{2R(z)}\right) \exp(il\phi) \exp(-i(2n + |l| + 1)\zeta(z))$$

where  $\omega(z) = \sigma \sqrt{1 + \left(\frac{z\lambda}{\pi\sigma^2}\right)^2}$ ,  $R(z) = z \left(1 + \left(\frac{\pi\sigma^2}{z\lambda}\right)^2\right)$

,and  $\zeta(z) = \arctan\left(\frac{z\lambda}{\pi\sigma^2}\right)$ ,  $\sigma = \text{beam waist}$