



Peptide Therapy Post-Care Instructions:

To maximize the benefits of your peptide therapy and ensure safe recovery, please follow these guidelines after your treatment.

Immediately After Injectable Peptide Treatment

- Mild redness, swelling, or tenderness at the injection site may occur and should resolve within 24–48 hours
- Small bruises are possible and typically fade within a few days.
- Do not rub, scratch, or massage the injection site.
- You may apply a cool compress for comfort if needed.
- Avoid strenuous exercise for the rest of the day to reduce irritation at the injection site.

Ongoing Care

- Take or inject peptides exactly as prescribed by your provider. Do not adjust dosage or frequency on your own.
- Stay well-hydrated to support absorption and metabolism.
- Maintain a balanced diet rich in protein, healthy fats, and micronutrients to complement peptide effectiveness.
- Prioritize adequate sleep, as many peptides work to support recovery and hormonal balance overnight.
- Limit alcohol and avoid recreational drug use, which can interfere with results.

Activity & Lifestyle

- Resume normal daily activities unless otherwise directed by your provider.
- Incorporating regular exercise, stress management, and healthy nutrition will optimize treatment benefits.

- If you are on an exercise-focused peptide program, follow your provider's guidance on activity timing around dosing.

What to Expect

- Improvements (such as energy, sleep quality, body composition, or skin health) may be gradual and build over several weeks.
- A series or ongoing therapy may be recommended for optimal results.

When to Contact Your Provider

- If you experience signs of allergic reaction (rash, itching, difficulty breathing, or swelling of the face/tongue).
- If you develop severe or persistent pain, redness, or swelling at the injection site.
- If you notice unusual side effects such as dizziness, heart palpitations, headaches, or mood changes.