



WEST ANNAPOLIS MEDICAL SPA

AT SANDEL DUGGAL PLASTIC SURGERY

PEPTIDE & WELLNESS TREATMENT MENU

Recovery • Energy • Skin Renewal • Medical Weight Management

Physician-directed protocols designed to support recovery, energy, skin quality, and weight management. Your plan is individualized after medical review.

PATIENT TREATMENT OPTIONS



Wolverine Recovery Stack

BPC-157 + TB-500

Best for: Athletic recovery, performance support, soft-tissue injury plans, and post-surgical recovery support

How given: SubQ injection protocol

Typical plan: BPC-157 200–500 mcg daily; TB-500 2–5 mg/week split 1–2x/week. Often 4–8 weeks; adjusted by goal and response

Notes: Experimental/off-label adjunct; athletes should disclose competitive status



NAD+ + B12

Energy Injection

Best for: Energy, fatigue support, mental clarity, recovery, wellness, and healthy-aging goals

How given: In-office injection; frequency customized

Typical plan: NAD+ 50–100 mg with B12 per injection; often a weekly series followed by maintenance

Notes: May cause nausea, flushing, lightheadedness, or abdominal discomfort; persistent fatigue should be evaluated



GHK-Cu Skin Renewal

Topical — with or without Estradiol

Best for: Fine lines, crepey texture, skin quality, collagen-support goals, and post-procedure skin recovery when cleared

How given: Topical cream for face, neck, or chest as directed

Typical plan: Thin layer nightly or 2–3 nights/week to start; increase only as tolerated

Notes: Available as GHK-Cu alone, or with added low-dose estradiol for select patients. The estradiol option is not appropriate for everyone and requires hormone-safety screening; the GHK-Cu-only option does not.



Medical Weight Management

Semaglutide + B6 or Tirzepatide + B6

Best for: Appetite control, weight-loss support, metabolic health, and body-contouring support when appropriate

Program: Weekly injections plus nutrition, protein goals, hydration, movement, and follow-up

Visit flow: Intake, contraindication review, side-effect check-ins, and gradual dose adjustments

Notes: Tell us before surgery, anesthesia, or sedation

PRACTICAL DELIVERY & SAFETY GUARDRAILS

Customized care

History, medications, pregnancy plans, allergy history, and surgery timing are reviewed before starting.

Quality discipline

Prescription-based sourcing, lot tracking, storage, and sterile handling are used for injectable protocols.

Dose discipline

Do not change dose, frequency, or route without provider guidance. Report side effects promptly.

Call us right away if

Severe abdominal pain, vomiting, dehydration, allergic reaction, chest pain, leg swelling, abnormal bleeding, or injection-site infection occurs.

MEDICAL WEIGHT MANAGEMENT INJECTIONS

Once-weekly injectable options paired with nutrition, activity, and follow-up monitoring.

Success plan: protein goals • hydration • resistance training • side-effect check-ins • dose adjustments as appropriate



Semaglutide + Vitamin B6

Use: Appetite, cravings, portion control, and sustainable weight-loss support

Typical titration: 10–90u weekly × 4 weeks; 0.5 mg weekly × 4 weeks; then adjust toward maintenance as tolerated

Common effects: Nausea, constipation, reflux, diarrhea, headache, or fatigue; hydration and protein goals matter

Important: Screen for MTC/MEN2, pancreatitis, gallbladder issues, pregnancy plans, and diabetes medications

Procedure note: Tell us before surgery, anesthesia, or sedation so timing can be coordinated



Tirzepatide + Vitamin B6

Use: GLP-1/GIP pathway support for fullness, appetite control, and metabolic weight-loss goals

Typical titration: 0.25–1.0 mg weekly × 4 weeks; then 5 mg weekly. May increase by 2.5 mg after at least 4 weeks as tolerated

Common effects: Nausea, constipation, reflux, diarrhea, decreased appetite, or fatigue; dose changes are gradual

Important: Same screening as semaglutide. Oral contraceptive users may need backup during initiation and dose escalation

Follow-up: Dose changes are individualized to appetite response, weight trend, and tolerability

PROGRAM SUPPORT BUILT INTO EVERY PLAN

Medical review
history + medications

Dose titration
adjusted gradually

Nutrition support
protein + hydration

Procedure planning
surgery/sedation timing

Important: Results vary. These therapies are supportive tools, not guarantees. Some therapies may be compounded and/or prescribed off-label. This handbook does not replace medical consultation, consent, or individualized instructions. Full patient FAQ available at sandelduggal.com.

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