



WEST ANNAPOLIS MEDICAL SPA

AT SANDEL DUGGAL PLASTIC SURGERY

RECOVERY PEPTIDE PROTOCOL

4-week physician-directed SubQ program • individually dosed syringes for home self-injection
Designed to support recovery after cosmetic surgery or from athletic training and soft-tissue strain.
Each plan is customized after medical review and injection teaching.

4-WEEK PROGRAM OPTIONS



Cosmetic Surgery Recovery

Best for: post-procedure recovery support

\$415 / 4 weeks

Includes: TB-500 + BPC-157 250 mcg daily

Timing: typically begins after surgery once cleared

Dosing schedule: 5 days on, 2 days off

Often started within 24–72 hours or at the first post-op visit

Also includes: supplies, injection teaching, storage instructions, dose calendar, and follow-up guidance



Athletic Recovery + Performance Support

Best for: soft-tissue recovery and higher-demand support

\$495 / 4 weeks

Includes: TB-500 + BPC-157 500 mcg daily

Scheduling: once-daily SubQ injection as directed

Dosing schedule: 5 days on, 2 days off

Designed for recovery from training, strain, or repetitive soft-tissue stress

Also includes: supplies, injection teaching, storage instructions, dose calendar, and follow-up guidance

WHAT'S INCLUDED IN EVERY KIT



Prescription-based sourcing



Individually dosed syringes



Alcohol pads and supplies



Injection teaching



Provider-directed follow-up

HOW THE PLAN WORKS



Medical review
history + medications



Injection teaching
safe self-injection guidance



Home schedule
daily SubQ injection • 4-week program



4-week reassessment
adjust plan as needed

IMPORTANT NOTES

⚠ Possible side effects: mild injection-site irritation, nausea, headache, or lightheadedness.

📞 Call us if: severe abdominal pain, vomiting, allergic reaction, chest pain, leg swelling, or signs of infection occur.

🏋 Competitive athletes should disclose testing status before starting.

⚠ Important: This is a physician-directed supportive protocol and may be prescribed off-label.

Important: Results vary. These therapies are supportive tools, not guarantees.

| Henry Sandel, MD and Claire Duggal, MD