

PATIENT GUIDE

Your GHK-Cu Injection Comfort Guide

Simple tips to make your injections easier and less painful. This guide explains why you might feel some sting — and what you can do about it.

BOOK YOUR 20-MINUTE COMPLIMENTARY PHONE CALL

CALL (949) 997-3988

TEXT US

01 UNDERSTANDING YOUR INJECTION

Why does it sting?

A little pain is normal with GHK-Cu. Here's why it happens — and it's not the saline.

The Copper

Reason 1

GHK-Cu has copper in it. Copper can bug your skin a little when it goes under it. This is the main reason you feel a sting.

How Fast You Push

Reason 2

If you push the medicine in too fast, it stretches your skin quickly. That stretch causes pain. Going slow helps a lot.

Where You Inject

Reason 3

Some spots on your body have more nerves than others. If you hit a nerve, it will sting more. Moving to a new spot can help.

02 BEFORE YOUR SHOT

Get ready the right way

A few simple steps before you inject can make a big difference in how it feels.

1

WARM IT UP

Take your medicine out of the fridge and let it sit for a few minutes. Cold medicine hurts more. Room temperature is better.

2

PRESS ON THE SPOT FIRST

Use your thumb to press on the spot where you'll inject. Hold it there for about 10 seconds. This can make the shot hurt less.

3

USE A SMALL NEEDLE

Smaller needles hurt less. Ask us about using a short, thin needle if you don't already have one.

4

TRY ICE (OPTIONAL)

Some people like to put ice on the spot for a minute first. This numbs the skin a bit. Try it and see if it helps you.

03 DURING YOUR SHOT

The right way to inject

Good technique makes a real difference. Follow these steps for a smoother injection.

1

GO IN SMOOTH

Don't jab the needle in. Push it through your skin in one smooth move. Quick and steady is best.

2

PUSH SLOWLY

This is the most important tip. Push the plunger very slowly. Give your skin time to accept the medicine. Rushing causes more pain.

3

DON'T PULL BACK FIRST

You don't need to pull back on the plunger before you push. This old trick doesn't help and can hurt more.

04 AFTER YOUR SHOT

Finishing up

What to do right after you inject to help everything go smoothly.

RIGHT AFTER

- ✓ Count to 10 before taking the needle out
- ✓ This lets the medicine spread out
- ✓ It also stops leaking
- ✓ Press gently on the spot — don't rub

FOR NEXT TIME

- ✓ Use a different spot each time
- ✓ Keep spots at least an inch apart
- ✓ Your belly usually works best
- ✓ Write down where you inject to help you rotate

A Little Bruising Is OK

Small bruises or a tiny bit of blood at the spot is normal. It doesn't mean anything went wrong, and your body will still absorb the medicine just fine.

05 STILL HAVING PAIN?

Extra things to try

If your shots still hurt after trying everything above, here are a few more ideas.

Change Your Spot

Tip 1

Try areas with more fat, like your belly. Arms and thighs can be more sensitive. Find what works best for your body.

Relax Your Muscles

Tip 2

Tense muscles make shots hurt more. Take a deep breath and let your body relax before you inject. It really helps.

Give It Time

Tip 3

Your body often gets used to injections after a few times. Many people say the first few are the worst, then it gets easier.

06 SAFETY

Reported side effects

GHK-Cu is well tolerated. The sting is the part people notice most, but here is everything patients have reported.

At the Injection Site

Stinging or burning during and just after the shot. Redness, a small welt, mild itching, or a bruise. These usually fade within an hour.

Body-Wide

Mild headache or fatigue in the first week. Temporary flushing or warmth. Occasional lightheadedness right after injecting.

Less Common

Mild nausea. A metallic taste. Temporary darkening of the skin at frequently used injection sites, which fades once you rotate spots.

07

Most injection pain goes away in a few minutes. But reach out if you notice any of these things.

CALL OR TEXT US IF:

THIS IS NORMAL:

If you have questions or want to talk through your protocol, book a complimentary phone call with our team — or reach out anytime.

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