Peptide Enhanced Post-Procedure Recovery (PEPPR)

PATIENT INFORMATION GUIDE

PHASE Longevity Clinic

Optimal healing after surgery involves a multitude of factors working together. The ERAS protocol sets the stage for a smoother surgical experience, but in the weeks after surgery the body needs something different. One of the most important is peptides, which have vital roles in optimizing the wound healing process and tissue repair. We first became interested in peptides as part of our anti-aging program, and soon realized their potential for enhancing post-operative recovery.



What are peptides?

Peptides are short chains of amino acids, (longer chains are proteins), which occur naturally in the body or can be synthesized. They direct many critical physiologic functions, including helping to reduce inflammation, decreasing pain, improving scarring, and restoring energy.

Here are some of the peptides we use in our post-surgery program:

BPC-157 is a peptide that is naturally produced in the body and aids in tissue regeneration, moderating inflammation, and promotion of collagen production. BPC is naturally produced in the stomach, where its purpose is to repair damage from digestive acids. It is not well absorbed in pill form unless specially formulated, so it is most often given by subcutaneous injection.

TB-500 is derived from thymosin beta-4, a naturally occurring peptide that plays a role in wound healing and tissue repair. It has long been used in sports medicine to speed up recovery from injuries. (Note that while clinical trials have been done with thymosin beta-4, there are no FDA-approved on-label indications for TB-500 and The World Anti-Doping Agency prohibits its use.)

KPV is a tri-peptide (only 3 amino acids) that has strong anti-inflammatory, anti-bacterial, and anti-fungal properties. KPV taken orally helps maintain a healthy gut microbiome, critical for healing (and overall health.) KPV and BPC-157 are available combined in one pill called GUTTIDES.

Collagen peptides support healing in 2 important ways: Because they are fragments of collagen, they contain the essential amino acids that the body needs in order to form new collagen, the main structural protein in the body. Additionally, certain collagen peptides activate wound healing processes, beyond just providing the ingredients for collagen production.

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Collagen peptides cont. Clinical studies have validated the benefits of supplemental collagen peptides for better healing. They have also been shown to improve skin elasticity and hydration. Not all are created equal however, and it is important to get the right product.

(Note: Protein powder is similar but not the same as collagen peptides. Several brands of protein powder as well as collagen peptides have been found to contain heavy metals such as lead, cadmium, arsenic, and mercury. In general plant-based formulas have higher levels compared to whey-based products.)

GHK-Cu is a copper-binding peptide that has an impressive array of regenerative and anti-aging properties, and is increasingly recognized as an important ingredient in anti-aging skin treatment. It has been clinically studied for wound healing and shows great potential. GHK-Cu can be injected for overall healing or applied topically to the scar after an initial healing period.

Sermorelin is a growth hormone-releasing hormone that stimulates natural production of growth hormone. The goal is to promote more rapid healing and return of strength after surgery. Sermorelin is given by subcutaneous injection before bedtime.

Your individualized post-surgery program:

It is important to be aware that while peptides have been used for years, there are risks to using them and more clinical study is needed to completely document the potential benefits. Dr. Baxter has had advanced training in peptide therapy and has designed this program based on extensive research. Your specific plan will be developed based on your needs and budget.

PEPPR formulation:

BPC-157 10mg/ml; TB500 10mg/ml; GHK 10mg/ml in 5ml vial.
The total of peptides are 50mg of BPC-157, 50mg TB500, and 50mg of GHK-Cu.

Dose 0.1 ml 5x/week in the evening (5 days on, 2 days off) = 50 doses = 10 weeks

OR:
TB-4 Fragment/BPC-157 (Regenetides). Refer to TB4 patient information.