

PEPTIDE INJECTIONS: COMMON SIDE EFFECTS & FIXES

Most peptide injection side effects are mild and technique-related — a simple adjustment usually solves them.



Burning or Stinging

- **Cause:** Alcohol not fully dry, injecting too fast, or cold medication
- **Fix:** Let alcohol dry 15–20 seconds; inject slowly; bring medication to room temperature first

Redness at the Site

- **Cause:** Normal mild immune response
- **Fix:** Resolves within 30 minutes; rotate sites; ensure alcohol is fully dry
- **Contact us if:** Redness spreads, worsens over hours, or comes with fever

Lump or Bump at the Site

- **Cause:** Medication pooling in SubQ layer — common and harmless
- **Fix:** Gently massage after injection; inject more slowly; rotate sites
- Bruising
- **Fix:** Apply gentle pressure immediately; do not rub; rotate sites

Itching

- **Cause:** Mild histamine response
- **Fix:** Usually self-limited; OTC antihistamine cream can help



Contact us if you experience: spreading redness with fever, significant swelling, pus, or pain worsening after 24 hours — these may indicate infection.