

Yoo Direct Health

Scar Therapy Standard Operating Procedure (SOP)

Updated 2024

Chart Part:

Objective: The purpose of this SOP is to outline the procedure for scar therapy using injections of peptides Procaine, GHK-Cu Topical and Thymosin Beta-4, along with ozone injections into the scar area. This therapy aims to promote scar tissue regeneration, reduce inflammation, and improve overall scar appearance and function.

This is a package of two treatments scheduled 4 weeks apart.

Materials Required:

1. 3cc syringe
2. 10cc Syringe
3. 60cc syringe
4. 18G Needles x2
5. 25g Needle x2
6. 30G Needle x2
7. Baxter Valve
8. Thymosin Beta-4 peptide (Patient is responsible for getting from pharmacy & bringing to appointment)
9. Procaine
10. Ozone gas generator
11. Sterile syringes (appropriate size for injection)
12. Puracyn or Alcohol swabs
13. Sterile gauze pads
14. Bandages
15. Disposable gloves

Preparation:

1. Ensure all materials and solutions are readily available and within their expiration dates.
2. Set up a clean, well-lit treatment area with appropriate seating for the patient.
3. Educate the patient about the procedure, potential risks, and expected outcomes. Obtain informed consent.
4. Ensure the patient is aware they must bring the peptide(s) to and from their appointment.
5. Provider to prescribe peptides TB4, topical Ghk-cu, and Procaine.

Procedure:

1. Preparation of Materials:

- a. Draw up 1cc Thymosin Beta-4 3cc syringe with a 25G needle. Change out need to a 30 gauge to inject it. Document RX # and lot # in patient chart

- b. Draw up 3-10cc (depending on size of scar) of Procaine in appropriate sized syringe
- c. In a 60cc syringe and get 20 gamma of Ozone from Ozone generator. Return to patient room keeping syringe end up at all times.

2. Patient Preparation:

- a. Take clear and detailed before photos.
- b. Cleanse the scar area thoroughly with Puracyn and gauze.
- c. Offer the patient a numbing cream or local anesthesia if they prefer, to minimize discomfort during the injections.

3. Administration of Injections:

- a. Put on disposable gloves to maintain a sterile environment.
- b. Cleanse the scar area with Puracyn or alcohol.
- c. Numb area if needed- Procaine dosing range 1-3 mLs to achieve local block.
- d. Take the syringe with the peptide with the 30G needle, inject the peptide into the scar tissue directly. In addition micro droplets of Procaine using 30 g or insulin syringe. Injection technique is subdermal while excising the scar tissue with the 30-gauge needle.
- e. Procedure may also be done using a microneedling device such as Skin pen, will need to charge for this procedure.

4. Ozone Injection:

- a. Take the 60mL syringe, using a 2-way Baxter valve, fill a 10mL syringe with the ozone.
- b. Place a 30-gauge needle on the 10mL syringe
- c. Inject the Ozone directly into the scar tissue, using a retrograde injection motion.

5. Post-treatment Care:

- a. Apply a sterile gauze pad over the injected area to minimize any bleeding or oozing.
- b. Instruct the patient on proper wound care and advise them to keep the injection site clean and dry.
- c. Instructions for topical GHK-Cu at home application twice daily until gone
- d. Advise the patient to avoid excessive physical activity or pressure on the treated area for a few days after the procedure.
- e. Make sure patient schedules the next appointment in 4 weeks.
- f. GHK-cu cream will be shipped to patient for at home use.

Follow-up:

1. Schedule a follow-up appointment with the patient to assess the progress of scar healing and the response to the therapy.
2. Document the treatment procedure, dosage, and any adverse reactions observed during the follow-up visit.