



GHK-Cu Topical

GHK-Cu (Copper Tripeptide-1) Topical

PATIENT GUIDE

GHK-Cu is a topical skincare ingredient used on the face to support skin repair and an anti-aging routine. This guide covers how to use it, who it is for, and when to reach out to the clinical team.

What Is GHK-Cu?

GHK-Cu (Copper Tripeptide-1) is a topical skincare ingredient that helps support skin repair and renewal. It occurs naturally in the body and is used to improve skin health and appearance. It is often used as part of a facial anti-aging routine.

Why Is GHK-Cu Prescribed?

GHK-Cu may help:

- Improve skin texture
- Reduce the appearance of fine lines
- Support skin healing
- Calm irritated or damaged skin

How to Use GHK-Cu

For face use only. This product is not intended to be used on other areas of the body.

- GHK-Cu topical is often prescribed with a pump dispenser to facilitate measured and consistent amounts in application. **See additional documentation for how to use the pump dispenser if applicable.**
- Apply a pea-sized amount as a thin layer to clean, dry facial skin, once or twice daily, as instructed on the prescription
- Avoid the eye area
- Use sunscreen during the day



Required Labs

No lab testing is required for topical GHK-Cu.

Who Shouldn't Use GHK-Cu

Do not take this medication if you're allergic to copper or any ingredient in the product. Tell your clinician if you have active skin infections or open wounds.

Possible Side Effects

Common:

- Mild redness, dryness, or sensitivity at the application site, especially when first starting

Rare but serious:

- Severe skin reactions are very rare but require medical attention if they occur

Expiration and Disposal

Expiration

This product expires a maximum of 45 days after its first use. After that time, it should no longer be used and should be disposed of properly.

How to Dispose of GHK-Cu

- Scrape or empty any remaining medication into a sealed bag or container
- Throw the sealed bag containing the cream and pump dispenser, if applicable, directly into your regular household garbage

When to Contact the Clinical Team

Stop using this product and contact your clinician through the portal if you develop:

- A rash, swelling, or itching
- Severe irritation

Go to your nearest Emergency Room or call 911 right away if you have difficulty breathing or swelling of your face, lips, tongue, or throat.

Questions?

Ask your clinical team through the portal if you have any questions or concerns.

This Information is made available to you through Altro. All content was provided, reviewed, and approved by the medical director of the clinical team.

