

# Recover Red Announces Targeted Red Light Therapy Device for HRT, TRT, Peptide, and Insulin Therapy Users

*Reduce Pain & Swelling, Prevent Scarring, & Increase blood flow and oxygen delivery*

BOCA RATON, FL, UNITED STATES, August 18, 2026 /EINPresswire.com/ -- Injectable therapies have become an essential part of modern wellness and healthcare.

Millions of Americans now rely on routine injections for things like hormone replacement therapy (HRT), testosterone replacement therapy (TRT), peptide therapy, and insulin management.



Peptide Injection Site

“

Daily injections can leave anyone sore. This wearable delivers the intensity you need, directly to injection sites to soothe discomfort and support faster healing.”

*Don Pytel*

While each of these treatments serves a very different purpose, they all share a common challenge. Namely, the need for repeated injections can leave the skin and underlying tissue temporarily sore, bruised, irritated, or inflamed.

To help address this growing need, [Recover Red](#) has announced the upcoming release of its new [wearable Red Light Therapy](#) Wrap. This portable device is engineered to deliver targeted photobiomodulation to common injection sites. This helps support the body's natural recovery processes in between treatments.

As injectable therapies become more common, so does the conversation around recovery afterward. [Red light therapy](#) has emerged as a popular option for people looking to complement their recovery routines.

## A Growing Need Across Multiple Treatment Categories

Patients receiving regular injections often rotate injection sites to reduce tissue stress. Unfortunately, many continue to experience temporary tenderness, redness, swelling, bruising, and irritation.

It is important to note that this pattern extends across several of today's fastest-growing treatment categories:

### Hormone Replacement Therapy

Hormone replacement therapy encompasses a variety of treatments used to restore hormone levels affected by menopause, certain medical conditions, surgical procedures, or hormone deficiencies. While many patients use patches, creams, or oral medications, around 25% to 35% use injections.

### Testosterone Replacement Therapy

Testosterone replacement therapy continues to grow as more men seek treatment for clinically diagnosed "Low-T." Many patients follow weekly or twice-weekly injection schedules to maintain more consistent hormone levels. Because these medications are typically delivered into the muscle, bruising, stiffness, and mild swelling can linger for several days post-treatment.

### Peptide Therapy

Peptide therapy has expanded rapidly over the past several years, particularly within longevity, metabolic health, recovery, and performance medicine. Many peptide protocols involve small subcutaneous injections administered daily or several times each week. Although the needles themselves are very fine, repeated use can still cause temporary redness, tenderness, bruising, or irritation.

### Insulin Therapy

For people living with diabetes, injections are part of everyday life. Millions of Americans rely on



Close up shot of the Recover Red Wearable RLT device for Injection sites



Injection site highlights

insulin, and many administer multiple injections every day to help manage their blood glucose levels. Even with good injection technique, repeated use of the same general areas can place significant stress on the skin and underlying tissue.

### Supporting the Body's Natural Recovery Process

Red light therapy, also known as photobiomodulation, uses specific wavelengths of visible red and near-infrared light to stimulate cellular activity without damaging the skin.

When absorbed by cells, these wavelengths help support mitochondrial function. Specifically, they encourage the production of adenosine triphosphate, or ATP, the cell's primary energy source.

Studies indicate that this increase in available energy supports healthy tissue repair and promotes circulation and oxygen delivery within treated areas.

Recover Red's wearable wrap incorporates these exact principles, providing targeted light therapy wherever users experience repeated injections.

According to company representatives, the device is intended to help:

- Increase blood flow and oxygen delivery
- Help prevent and reduce scar formation
- Lower temporary inflammation and irritation
- Soothe soreness and bruising following injections
- Help prevent infection by aiding in faster healing

Rather than relying on heat, compression, or topical products, the wrap uses carefully selected red and near-infrared wavelengths. With daily use, these are intended to support the body's normal biological recovery mechanisms, helping users recover more comfortably between injections.

### Designed for Practical Daily Use

Besides efficacy, Recover Red developed the new wrap with simplicity and consistency in mind. Its lightweight, flexible construction allows it to conform comfortably around common injection areas, including the abdomen, thigh, hip, upper arm, and gluteal region. Meanwhile, an adjustable fastening system accommodates a variety of body types and helps ensure comfort.

The unit itself is powered by a rechargeable battery, which makes it suitable for use at home, while traveling, or as part of an existing wellness routine. Despite its reduced size, it utilizes the same 660nm red light and 850nm near-infrared wavelengths as Recover Red's larger devices.

Typical sessions require only 10 to 20 minutes, making it easy for users to incorporate the device into their daily schedules. Still, Recover Red representatives emphasize that the wrap is intended to complement, not replace, things like proper injection techniques, routine site rotation, and guidance from qualified healthcare professionals.

## Expanding Access to Professional-Grade Red Light Therapy

Recover Red has built a stellar reputation for providing professional-grade red light therapy systems for use at home, in wellness facilities, and other commercial environments.

The introduction of the wearable Red Light Therapy Wrap represents an expansion of that mission into a category affecting millions of individuals. As red light therapy continues to gain recognition within recovery and wellness settings, the company believes targeted wearable devices like theirs will help make photobiomodulation more accessible for everyday use.

By focusing on practical applications rather than broad wellness claims, Recover Red aims to provide solutions that integrate naturally into existing recovery routines while maintaining an emphasis on responsible use and evidence-informed technology.

The company expects the new Red Light Therapy Wrap to become available soon through Recover Red's website. They will release additional product specifications, usage guidance, and educational resources alongside the official product launch.

### About Recover Red

Recover Red develops professional-grade red light therapy systems engineered for performance, precision, and structured recovery applications. Designed for both clinical and advanced home use, Recover Red devices prioritize output integrity, responsible protocols, and scientifically grounded photobiomodulation support.

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### Medical Disclaimer

This content is for educational purposes only and is not intended as medical advice. Red light therapy devices are not designed to diagnose, treat, cure, or prevent disease. Individuals should consult a qualified healthcare professional regarding specific medical conditions.

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