



# STRETCH MARK TREATMENT

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## STRETCH MARK TREATMENT

Just after pregnancy many women experience scarring on the sides of their body. Almost 3 in 4 women experience stretch mark scarring post pregnancy. They also experience belly stretch marks. This is also associated with obesity, puberty, short term weight gain from body building and other physical activities.

The reason of these scars is due to the fact that the middle layer of the skin that maintains shape and elasticity gets more stretched than it can tolerate. The connective fibers in the skin eventually break disrupting the collagen and causing the scarring – stretch marks. The treatment for the same is through dermatology approved stretch mark removal.

## STRECH MARKS AFTER PREGNANCY:

Stretch marks posts pregnancy is a major issue that the every new mother faces. Nearly 3 in 4 women develop scarring on their belly, stomach, hips, legs and abdomen these are the areas that are affected by weight gain during pregnancy. The reason for this scarring is the stretching of the skin to its limit causing tears in the supporting layers of the skin. These tears are glossy white streaks called stretch marks. Women have the choice of opting for various safe methods to eliminate the scarring and get their youthful appearance that they desire.



## VARIOUS TREATMENTS FOR STRETCH MARK REMOVAL:

There are various treatments available for stretch mark removal.

### *Natural Method of Stretch Mark Removal;* - - - - -

There are various traditional methods for stretch mark treatment. Various over the counter creams, lotions and drugs are available; however they fail to provide the desired results in old scarring. In those cases medical treatment is the best option.

### *Laser stretch mark removal:* - - - - -

This is one of the most tried, tested and safe medical treatment protocol for stretch mark treatment. A beam of light removes the thin layers of skin around the stretch marks. Instead of burning or cutting the affected skin area, this technique uses high energy ultra violet laser light to disrupt the molecular bonds in the skin tissue. This process causes the skin to disintegrate. Post healing the new layers of healthy skin replaces the defective scarring making the stretch marks to disappear.

### *Recovery:* - - - - -

Post treatment the skin can be red and tender. This is a part of a process and you are not to get worried. You may also feel as if you have blisters, however the same will subside in 2 days as your skin will heal naturally.

### *Benefits:* - - - - -

- ▶ Laser Treatment has shown high success rate, patient satisfaction.
- ▶ It is an extremely safe and controlled procedure with little or no chance of causing injury.
- ▶ It is also less invasive than surgical body sculpting procedures.
- ▶ It is a low cost procedure
- ▶ Has the risk of fewer or no complications
- ▶ Has less recovery time

### *The New Gold Standard for Laser Stretch Mark Removal*

Venus Viva combines Nano Fractional Radio Frequency™ (RF) and one-of-a-kind Smart Scan™ technology to penetrate deeper, covering a greater area and treating multiple concerns in the same session. Venus Viva™ offers immediate, long lasting results in as little as one 15-minute treatment. Or for a more comprehensive program, you might schedule 3 or 4 sessions. The use of Nano Fractional RF™ delivers energy through the epidermis, to the dermis, to generate heat and initiate skin change, rebuilding collagen and fibroblast

stimulation, all resulting in tissue remodeling. With minimal downtime and minimal discomfort, with slight topical anesthesia, most patients are back to work, keeping their luncheon date or enjoying a snappy, shopping spree immediately following their procedure. A little redness may be experienced, lasting 2 - 5 days.

### **Is there any downtime?**

With minimal downtime and minimal discomfort, a treatment to one area can take less than 30 minutes allowing you to enjoy the immediate and long

## **SURGICAL TREATMENT FOR STRETCH MARKS:**

The surgical approach is a safe and an effective option for the complete permanent removal of the stretch marks. This has better results than the laser technique.

The various procedures that can be surgically done are:

Abdominoplasty – Also known as Tummy Tuck. It is an effective surgical procedure to remove stretch marks by tightening the abdominal muscles and removing the excess skin in the mid to lower abdominal region. Candidates for tummy tuck surgery include patients in good health that do not smoke and have a significant amount of excess skin on the stomach



## Recovery:

Post treatment the patient is expected to be admitted in the hospital under observation for 3 days. Patients are expected to come back for regular follow up visits after each week. Patients can resume work after 1 week post surgery.

## Benefits:

This is the most suitable way for reduction of weight and removal of stretch marks. This process also ensures that the underlying reason causing the stretch marks is also removed.

The surgical approach improves the patient outcome and adds quality of life.



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Stretch Mark Treatment Plan



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