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Stretch Marks Be Gone: Right here's A Dermatologist's How To

[AUTHOR PAN ANDREW](#) [PUBLISHED FEBRUARY 15, 2017](#) [COMMENTS 0](#)

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Actual discuss: There's nothing irregular about stretch marks. In truth, research estimate that 90 % of pregnant girls, 70 % of adolescent women, and 40 % of adolescent males develop the streaks of damaged elastin which can be characterised by puckered grooves within the pores and skin.

Though marks are frequent, it may be onerous for lots of us to embrace them in the event that they're notably distinguished or discoloured—particularly throughout heat climate when displaying extra pores and skin is in. And whereas there's an entire slew of topical lotions and oils that promise to do away with stripes, in actuality they will solely enhance their look. "A stretch mark is like an acne scar. Since it's a type of scar, the depth to where the damage of the skin is is far below where any topical can reach," explains NY-based beauty dermatologist Dr. Paul Jarrod Frank. "So, sadly there's nothing that can really be done topically despite what these products claim."

Earlier than getting too labored up over the truth that the merchandise you've been slathering on aren't actually doing something, there are in-office strategies of therapy that vastly minimise marks and might even make them disappear for good. When you're going to show to a dermatologist that can assist you together with your stretch marks, Dr. Frank stresses the significance of constructing an appointment early to get the perfect outcomes. "Your expectations should be high if you catch them early. If you have stretch marks that are 20-years-old, they should be lower," he says. "With every year that goes by, you can expect your results to be less. If you catch your stretch marks in the red stage, you have a 90 percent chance of controlling them."

For newer marks, that are these which can be crimson, raised and infected, Dr. Frank recommends vascular laser therapy. "This laser destroys the blood vessels causing the inflammation to the blood cells," he explains. Except for some bruising on the world that's handled, there's no downtime afterwards and you'll count on to see enchancement in Three-5 periods.

On older marks, that are characterised by potted, silver stripes, Dr. Frank says that Fraxel laser resurfacing can support in vastly diminishing them. Count on to expertise a number of days of redness following the skin-renewing therapy, and to see stretch marks lowered from 40 to 70 % in Three-5 periods.

Whereas lasers work greatest on fairer pores and skin tones, Dr. Frank says that micro-needling is an choice for deeper complexions. "Deeper skin tones aren't as prone to stretch marks because they generally have more elasticity," he explains. "But, micro-needling can be a solution if you do have marks. Like lasers, you're using physical trauma to stimulate new collagen and tissue regeneration. It's about getting the body to fix itself." And similar to lasers, this technique will be performed in month-to-month intervals.

This text was [written](#) by Erin Lukas and first appeared on InStyle.com