



STRETCH MARKS

Stretch marks (striae) are fractures of the skin that develop in the dermis. They appear when the skin is stretched beyond its elastic capacity, which can occur due to a variety of reasons: excessive weight gain or loss, rapid adolescent growth, heavy weight lifting and pregnancy. Genetics also plays an important role in the development of stretch marks.

Initially, stretch marks are red- purple in color (striae rubra). This is the best timing to treat them with retinoic acid, glycolic acid, topical vitamin C, or even amino acids. Stretch marks often spontaneously improve, but once they are stabilized, there is no really safe and effective treatment, either surgical or non-surgical to remove or to reduce them.

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