

Finally Tackle Stretch Marks – *Full Speed Ahead!!!*

What are Stretch Marks?

Stretch marks are thin, linear scars that develop in males and females after rapid growth or rapid weight gain. Stretch marks commonly occur in boys and girls during puberty, where there is rapid growth and weight gain, and during pregnancy. Bodybuilders, especially if they take steroid drugs, can develop stretch marks. Stretch marks are purplish-red in colour. With time they fade to silvery-white lines. Males commonly develop stretch marks on their shoulders, arms, back, abdomen, and thighs. Females can develop stretch marks on their breasts, abdomen, hips, buttocks, and thighs.

Can Stretch Marks be Prevented?

Stretch marks commonly occur during puberty and pregnancy and they cannot be prevented. However, avoidance of rapid weight gain may prevent stretch marks.

Do any Creams remove Stretch Marks?

No. If treated early, tretinoin cream and alphas hydroxy acid creams can help minimize the appearance of stretch marks. They exfoliate the skin and stimulate the growth of new cells so stretch marks appear improved. Tretinoin cream cannot be used during pregnancy. Moisturizers keep the skin hydrated and soft and may help the appearance of stretch marks.

Hurray for the Arrival of Fraxel !

Fraxel was launched in fall 2006, and is considered the latest innovation in aesthetic medical technology. Fraxel laser represents a new treatment option for gentle, yet effective, treatment of pigmentation, texture, tone and fine lines and Yes ! stretch marks

How does Fraxel Work?

Fraxel treatments are safe and effective and are not limited to use on the face. It completely improves the quality and appearance of your skin with minimal downtime or side effects. Fraxel laser treatment accomplishes this by affecting only a fraction of your skin at a time. Thousands of tiny but deep columns of treatments in the skin,

known as micro thermal treatment zones penetrate deep into the dermis and eliminate old epidermal cells. These micro thermal zones target specific portions of tissue and damaged cells without affecting the surrounding tissue. This type of fractional treatment provokes the natural healing



Dr.R.Mohan



process of the skin by accelerating the production of collagen and promoting the growth of new, healthy skin cells. In terms of treating of stretch marks, it is effective in improving the texture, colour and size of the stretch mark.

Who is a Candidate for this Treatment?

Anyone who wishes to have their stretch marks diminished can have these treatments done.

Is there Any Downtime?

The Fraxel treatment procedure can be performed right in Dr. Mohan's med spa and patients are able to return to their normal activities the same day. Typically only the use of a topical anesthetic is required for pain management and will be applied an hour before the treatment.

What Do I to Expect after Treatment?

The skin will appear to have pinkish tone for anywhere from 4-7 days. Any swelling that occurs should be minimal and will resolve within 1-3 days. Shaving of the skin and make up application can resume soon after treatment.. Within 24 hours of treatment, new epidermal skin will develop. Thus, the process of skin repair begins. This process includes bronzing; a bronze appearance of the skin, which depending on the level of treatment may be present anywhere from 1 to 3 days. Flaking then occurs. This is a natural exfoliating of the skin, similar to the flaking of sunburn. The skin will continue to heal itself: the damaged tissue will be replaced with collagen, elastin, and new healthy skin cells.

In terms of treating stretch marks, the Fraxel laser's energy penetrates into the dermis and stimulates fibroblasts and the production of new collagen. The new collagen thickens the skin of stretch marks to make it more closely resemble normal skin. It also improves the red discoloration of new stretch marks and the silvery color of mature stretch marks.

How Many Treatments Will I need?

Depending on the severity of the stretch marks, anywhere from 3-8 treatments may be required. However, the exact number of treatments will be established at the time of a consultation. Stretch marks will continue to improve for about 6 months after a series of treatments. Fraxel laser treatments may improve the appearance of stretch marks by as much as 75%.

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