



Stria Gravidarum

“PREGNANCY STRETCH MARKS”

Are you worried ?



Pregnancy stretch marks can occur in 55-90% of women with pregnancy.

They are frequently a cause of concern & in some leads to psychological distress. They also are looked upon as a cosmetic concern.

In early stage they are red flat or slightly elevated marks which eventually become as white scars over the skin, have faded and appear atrophic, wrinkled, and hypopigmented.

They are found over the abdomen, buttocks, thighs & breast. Stretch marks are permanent in nature.

They are same as other scars resulting from injury over the skin.

They are aligned perpendicular to the direction of skin tension.

They occur more frequently when there is 1st pregnancy, young females, large baby, multiple pregnancy, increased weight gain with pregnancy, increased pre-pregnancy BMI. Genetic and hormonal factors also play role. Skin type also determine the risk of having striae.

Many homeopathic and alternative therapies, including fruit and vegetable oils that hydrate the skin, are employed but limited by insufficient evidence

For prevention following preparations had been tried with some success-

They are advocated to be used from 3rd month of pregnancy onwards. To be gently massaged on skin couple of times a day.

- **Trofolastin cream**
(centella asiatica extract, alfa tocopherol and collagen-elastin hydrolysates)
- **Alphastria cream**
(hyaluronic acid, allantoin, vitamin A, vitamin E, calcium prthothenate)
- **Verum cream**
(vitamin E, essential fatty acids, panthenol, hyaluronic acid, elastin and menthol)
- **Mederma**
(cepalin, hyaluronic acid and centella asiatica)
- **Bio oil**
(Contains plant, flower extracts and vitamins suspended in an oil base. It contains ingredient PurCellin Oil)

Results of all of the above will vary from individual to individual. These applications can help in improving the appearance of the scars but they cannot be treated.

Mechanism of action quoted is by stimulation of collagen production, increase elasticity, improve cell proliferation, anti-inflammatory properties as well as rehydration working together.

Treatment-

These treatment methods can give results from 25-75%. They are generally adopted after post-partum period.

- Tretinoin Ointment
- Fractional laser
- Un fractional laser
- Co2 laser
- Radiofrequency
- Infrared radiation
- Microdermabrasion
- Micro needling

Know your Fitzpatrick scale skin type-

0-4 scores are given on genetic predisposition, reaction to sun exposure & tanning habit.
(for each of them for their variables)

Type I (scores 0–6) Highly sensitive, always burns, never tans (pale white; blond or red hair; blue eyes; freckles).

Type II (scores 7–13) Very sun sensitive, burns easily, tans minimally. (white; fair; blond or red hair; blue, green, or hazel eyes)

Type III (scores 14–20) Sun sensitive skin, sometimes burns, slowly tans to light brown (cream white; fair with any hair or eye color)

Type IV (scores 21–27) Minimally sun sensitive, burns minimally, always tans to moderate brown (moderate brown)

Type V (scores 28–34) Sun insensitive skin, rarely burns, tans well. (dark brown)

Type VI (scores 35–36) Sun insensitive, never burns, deeply pigmented (deeply pigmented dark brown to darkest brown)

In general 70% of skin type 3 & 4 are at risk of striae , skin type 1 & 2 has 20% risk and type 5 & 6 has only 8% risk of striae.

***YOU MAY CONSULT YOUR DOCTOR FOR THIS**

Dr. Divyesh Shukla & Dr. Shilpi Shukla
Isha Multispeciality Hospital

Follow us on:



<https://www.facebook.com/isha.hospital>

