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Post-Pregnancy Striae Rubra Treatment using Er:YAG Laser

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Parameters:

Laser source:	Er:YAG, 2940 nm
Pulse duration:	SP
Energy:	400 mJ (1J/cm ² at 7 mm spotsize)
Handpiece:	R04
Spotsize:	7 mm
Density / overlap:	50 %

Background:

Stretch marks are cutaneous atrophies due to thinning and subsidence in the epidermis. They are visible and have a differentiated color that may be violaceous, pink, or pearly.

There is currently no standardized treatment for this disorder so it represents a challenge. Current treatment options do not offer a significant improvement. For this reason we are testing the application of Erbium:YAG laser for the treatment of stretch marks in early stages (Striae rubra).

Treatment procedure:

A 20-year-old female patient, Fitzpatrick skin type 4, came for a medical consultation because she had stretch marks in the inflammatory phase on her abdominal region. The patient attributed the stretch marks' appearance to her pregnancy; 15 days earlier, the patient had a cesarean section.

A single laser session was performed using a 2940 nm Er:YAG laser (SP Dualis, Fotona). The parameters used were as follows: R04 handpiece, 7 mm spot, energy 400 mJ, short pulse, with 50% overlap, one pass.

This treatment did not require any special preparation or topical anesthesia. Only cold air cooling was applied. During the treatment the patient did not use topical medication and did not receive any other treatment.

Photographic evaluation was performed three months after the laser procedure with the following subjective satisfaction scale: Deterioration: -1; No improvement: 0; Partial improvement: 1; Remarkable improvement: 2.

With regard to the clinical results, significant improvement was observed after a single laser session. Er:YAG laser was shown to be a safe therapy, with no complications and highly effective in the treatment of Striae rubra. For these reason we strongly recommend the use of this treatment for stretch marks in early stages.



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Striae rubra before the procedure



Three months after single treatment with Er:YAG laser