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Fractional CO2 laser on treatment of striae distensae

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Striae distensae (SD) are atrophic and linear dermal scars that commonly known as stretch marks. SD often found on abdomen, breasts, thighs, and hips of pregnant women. Many believe that mechanical stretching of connective tissue, causing it to rupture. Striae distensae are benign skin lesions associated with considerable cosmetic incidence. On the other hand, prevention of SD is unavoidable. Despite considerable investigations into their origins, the pathogenesis of striae distensae remains unknown. And also there is no treatment which consistently improves the appearance of striae. As respects with a high incidence and unacceptable treatments of SD, stretch marks remain an important target of research for an optimum consensus of treatment. Till now, several lasers and light sources have been used for treatment of SD. In this study the therapeutic effect of fractional ablative CO2 laser in women with pregnancy were assessed. Twenty-four (24) ethic Iranian women aged between 20 and 42 years with various severity of pregnancy SD were enrolled in retrospective case series study. Participants with skin types II to IV were treated in four sessions with a one-month interval by fractional ablative CO2 laser. The severity of striae was determined by Davey's scoring. Clinical improvement was assessed by comparing pre and post-treatment clinical photographs based on global improvement scoring. The evaluation of clinical results showed fractional ablative CO2 laser as an effective treatment. So that, 20 from 24 (83.3%) patients were improved (P=0.03). Also, there were no statistical differences between clinical improvements with skin types; striae scar severity, number of pregnancy, and striae location.

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