

A Case Report on Stretch Marks

By Fusion Specialty Pharmacy



Introduction:

Stretch marks are formed when the skin has been stretched and damaged. They are often indented streaks that are discolored with both hyperpigmented (dark colors) and hypopigmented (white) marks. Stretch marks are not painful and do not cause harm to the body, however they may be cosmetically unappealing.¹

Stretch marks usually form in areas of rapid weight gain or loss. They are common during and after pregnancy, where the skin of the stomach stretches to fit around the baby, or in other areas of the body that experience rapid weight gain. Other common sites of stretch marks include the breasts, hips, buttocks, and thighs.¹

There are many home remedies thought to prevent or treat stretch marks, such as cocoa butter and vitamin E. Although these methods are not harmful, they most likely will not reduce the appearance of stretch marks. Remedies that do tend to show improvement include retinoid creams, light and laser therapy, and microdermabrasion. These methods stimulate collagen growth and new skin production, which lightens the area of hyperpigmentation.

Fusion Specialty Pharmacy has developed a gel to lighten and smooth out stretch marks to make them less visible. This gel includes collagen, glycolic acid, pentoxifylline, and tretinoin in a proprietary base.

Case Report:

The subject is a 34-year-old female with stretch marks covering her belly and thighs

after pregnancy. The clinical pharmacists from Fusion Specialty Pharmacy worked with the patient's doctor to customize a prescription stretch mark gel. The patient's stretch marks began to fade in color, and the indentations started to become more even and smooth. After 45 days, the stretch marks were significantly reduced. By 180 days of using the gel, her skin had significantly evened out, and the stretch marks were hardly visible.

Conclusion:

This customized prescription therapy for topical stretch mark helped promote healing and reduce the appearance of the patient's stretch marks. Topical collagen may help reduce the appearance of lines and marks on the skin; it also helps hydrate the skin, which is important for skin healing.⁴ Glycolic acid stimulates removal of dead skin cells and regrowth of new skin. It has been shown to be effective in reducing hyperpigmented skin damage.⁵ Pentoxifylline prevents abnormal collagen synthesis during skin healing.⁶ Tretinoin is a naturally occurring vitamin A derivative that regulates cell reproduction. It is useful in treating skin blemishes and reducing hyperpigmentation.¹

As seen in this case, a customized prescription for Fusion's stretch mark gel therapy significantly improved the appearance of this patient's stretch marks. After continued use of this gel for 180 days, the stretch marks were barely visible. This gel allowed for the reduction of this

patient's stretch marks by simply applying it to the affected area, without the use of lasers or other physical intervention.



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