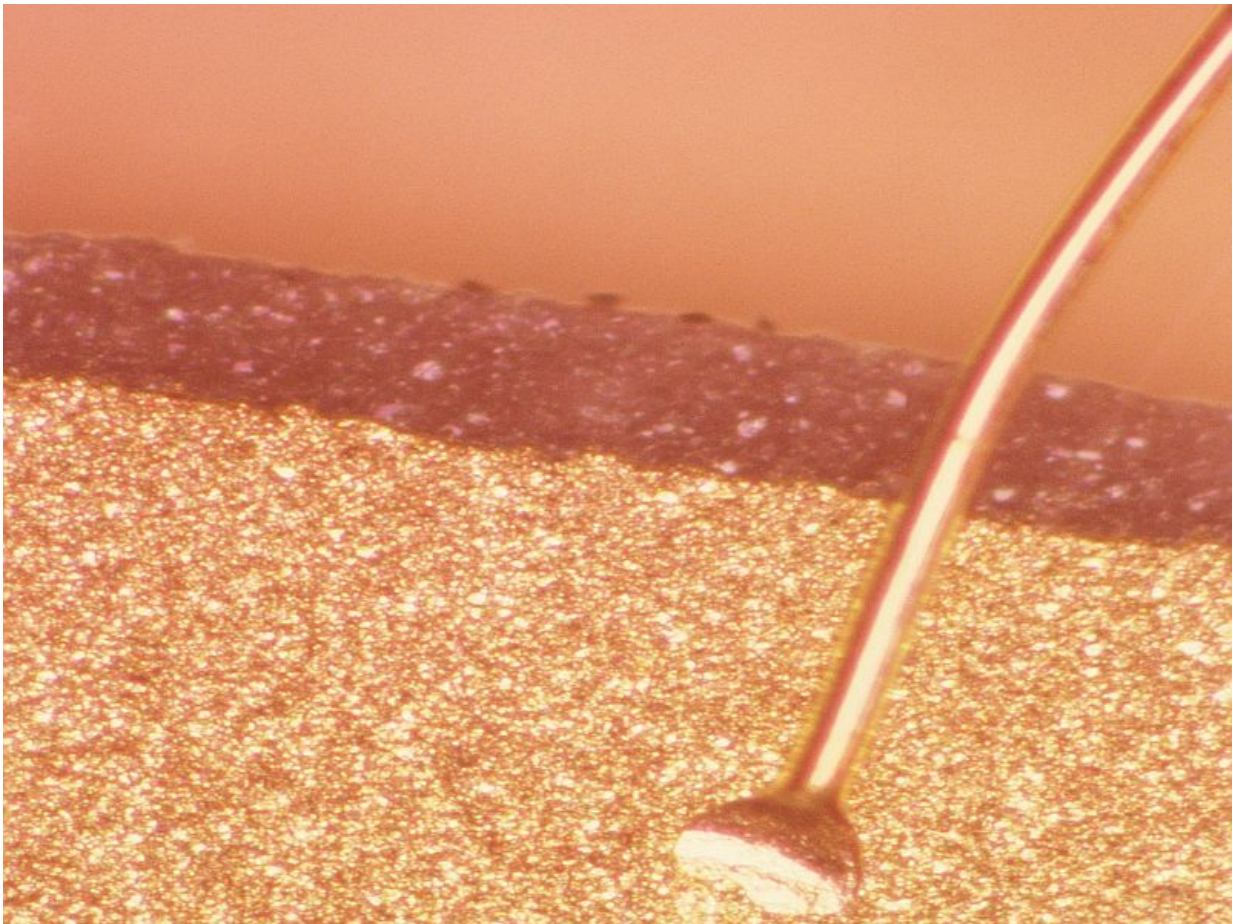


Variable square pulse erbium promising for stretch marks

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(HealthDay)—Resurfacing with a variable square pulse Erbium: YAG

(VSP Er:YAG) laser is a promising treatment option for stretch marks, according to a small study published online Aug. 9 in the *Journal of Cosmetic Dermatology*.

Rungsima Wanitphakdeedecha, M.D., from Mahidol University in Bangkok, and colleagues evaluated VSP Er:YA laser for the [treatment](#) of striae in [skin](#) phototypes III-IV among 21 women treated monthly for two months. Treatment consisted of one side being treated with one pass of 400 mJ in short pulse (SP) mode with 50 percent overlapping and one pass of 2.2 J/cm² in smooth (SM) mode with nonoverlapping. The other side was treated with two passes of 400 mJ in SP mode with 50 percent overlapping.

The researchers found that in both the SP-and-SM and SP-only groups, volume of striae distensae measured by Visioscan VC98 was reduced significantly at six-month follow-up. Skin roughness, skin smoothness, and surface measured by Visioscan VC98 did not differ between the groups. The most common side effect was transient postinflammatory hyperpigmentation (PIH), which could last six months, in patients with darker skin tone and even in nonsun-exposure areas.

"Lower fluence should be used in patients with darker skin phototype to avoid the risk of PIH," conclude the authors.

More information: [Abstract](#)
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