Picosecond Laser for the Treatment of Striae Distensae: A Clinical and Histopathological Study in Asian Patients

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Study Design:

- Single-center, six-month pilot study of the 755nm alexandrite picosecond laser for striae distensae (striae alba)
- All subjects underwent 3 sessions of the laser treatment spaced 4 weeks apart
- Asian females, 20-45 years old with Skin Type IV or V
- Fifteen subjects with a mean age of 32.8 were included in the study
- All subjects underwent the laser treatment using the Focus tip, spot size 8mm, at 5Hz, for 4-6 passes until mild erythema was observed
- Data collected pre-treatment and eight weeks post-treatment: 2-3 mm punch biopsy and Photographic evidence

Results:

- 8 weeks post-Tx, mean width of widest striae decreased from 5.41 mm to 3.67 mm
- A mean decrease of 1.75 mm was recorded; statistically significant (Stata version 12)
- Extremely satisfied-20%, Very satisfied-40%, Satisfied-27.7 %, Slightly satisfied-13.3%

Courtesy of V. Belo, MD

Before **After 4 Tx**

Conclusion:

- 755 nm alexandrite picosecond laser is an effective treatment that improves the appearance of striae distensae, particularly striae alba, with minimal down time and side effects.*
- The changes observed can be attributed to the increase in both collagen and elastin in the skin after undergoing the treatment.

*PicoSure is not US FDA cleared to treat stretch marks

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