

Latina on a Mission

to inspire and empower

5 Simple Truths about Stretch Marks

by Ms. Latina ~ September 8th, 2010.

Stretch marks, the dreaded plight of most modern women, begins during puberty and escalates with childbirth, excessive weight gain and hormonal changes.

Child birth was my downfall. Per my doctor, my skin was not elastic enough. He stated it was the worst case of stretch marks he had ever seen. He said it so nonchalantly, comparing my body's skin tone to a weakened rubber band, without a concern for the emotional mess I was, as I watched my once smooth skin tear and bleed whenever my unborn child kicked.

Since that day, I've tried countless ways to eradicate my stretch marks. I did not realize it would become a never ending quest.

Along the way, I've learned several tidbits that may help you on your own quest to eradicate your stretch marks. I've noted them below.

1. Coco butter alleviates itching but does not prevent stretch marks.
2. Tans do not hide stretchmarks. Do not leave the hospital, as I did, and run to the beach in a bikini thinking to hide the stretchmarks beneath a tan. The tan, actually, accentuates your stretchmarks.
3. Over the counter creams do not work. Save. Your. Money.
4. Prescription creams have *some* effect on fresh stretchmarks, but very little effect on older marks.
5. Laser surgery does not remove older, white stretchmarks. They must be recent, red or purple colored, for laser surgery to be effective. Also note, per Dr. Yager, of [Yager Esthetics](#), Latina's skin tones can adversely affect the use of laser surgery, causing bruising and scarring in their skin.

After some research, I learned that stretch marks can only be permanently eradicated via surgery. Dr. Yager stated that an Abdominoplasty surgery, also known as a tummy tuck, can remove stretchmarks by cutting the skin below the bellybutton where stretch marks normally occur. The size of the surgical incision, depends on the amount of stretched, excess skin. Additionally, per Dr. Yager, a bikini line incision, based on the type of panty you wear, can be hidden underneath your undergarment or bathing suit.

Slowly but surely, I am coming to term with my stretch marks. They are a sign of womanhood, a privilege, so to speak, and I will continue to believe this ... at least for now.

Have you tried any of the above mentioned treatments? Share your experience in a comment!