

Remove Stretch Marks Fast

Perhaps it is a skin embellishment most women (and men) are embarrassed of having. Despite it being nature's way of proving no one is perfect, we try to hide this flaw by applying whichever product could assist us in removing stretch marks. Stretch marks are scars that can be attained after a pregnancy. Sometimes, if your weight balloons up and down on the weighing scale, chances are you may also have these. Body-building and intense physical activity can also leave you with stretch marks. That is because the skin is over-stretched and the amount of collagen that is normally produced in your body is disrupted, creating a scar. They can appear everywhere and anywhere on everyone and anyone. Chances are, they will be on parts of our bodies where fat is stored. The most common parts are the abdomen, upper arms, under arms, thighs, breasts and buttocks. For women who had just given birth, stretch marks are usually reddish or purple. Their colors fade later on. As soon as the body returns to its original state and size, stretch marks are less noticeable. However, they remain darker than your normal complexion and may seem dirty when you look at it. This is why most people would love to have their stretch marks remove – and fast. Most people seek the assistance of doctors. According to Stephen M. Purcell, D.O., the chairman of the Department of Dermatogoly at Philadelphia College of Osteopathic Medicine, "They're basically nothing more than scars." Stretch marks do not limit our bodies to function properly. If you would like to remove your stretch marks, doctors normally prescribe Tretinoin. It is a topical Vitamin A solution. They also recommend Retin-A. Usually, Retin-A is used to eradicate wrinkles, but lately, it turns out that Retin-A also applies to removing stretch marks. Take note that you could only purchase Retin-A if you have a doctor's prescription. Also, there is a perfect time to apply Retin-A on your stretch marks. The best time you can use it is when those marks are still new. The way for you to determine if they still are is when they have a pinkish color and a bit painful. If the stretch marks are already white, applying Retin-A on it will not be as successful. If you are a mother who had just given birth, use Retin-A between the 6th to 12th weeks upon giving birth, not beyond three months after having a baby and losing the excess pounds. Also, Retin-A cannot be used while you're pregnant or while you're breastfeeding. Side effects of Retin-A is that the topical ointment initiates some skin irritation. Peeling and redness will occur on the surface where you applied it. There is no need to be alarmed because that only means a new generation of collagen will be taking the place of the old one. If this occurs, Retin A is essentially doing its repair job well. It is when the peeling and redness subside, do you see the actual results. It requires a lot of patience to completely remove stretch marks, especially if you are doing it by applying topical ointments and not the fast and effective yet expensive laser surgery. You can still make those stretch marks less noticeable, as long as you apply Retin-A or other creams for that matter. If you also have the time, you can exercise so your skin and muscles will regain its tight and firm composure. Eat a balanced diet and drink water. These will all help you get healthier skin.

About the Author

Alan Ball originally began writing American Beauty as a play. Jake Gyllenhaal auditioned for the role of Ricky Fitts. The shot where Annette.

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