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**Stretch Mark Solutions: What Can Be Done Safely? Find Out!**  
**Women of all ages regardless of height, weight or parental status are susceptible to stretch marks.** **Dr. Kirk Brandow**, founder and director of the Brandow Clinic for Cosmetic Surgery who has appeared on national programs such as Good Morning America and 20/20, shares the real deal on stretch mark solution options.

- **Topical Creams and Preventative Foods** – “There are a variety of topical treatments, the ones with cocoa butter are the trend, but they won’t do much if anything to improve severe stretch marks. These creams and oils perform better when used as preventive measures because fully developed stretch marks are rarely skin deep,” explains Dr. Brandow. Eating foods rich in vitamin C can help prevent stretch marks from the inside out. Adding things like red peppers, parsley, broccoli, kale, brussels sprouts are good bets.
- **Lasers** – Kim Kardashian announced that she would undergo laser treatments to get rid of her stretch marks. The Coolbeam laser, which is the one Kim is going with, requires up to five treatments at around \$5,000 per treatment. Lasers are known for high level of safety and efficacy and most patients come away very pleased with the result. “Lasers are far less invasive than a tummy tuck ... Lasers do have some risk in that they can burn the skin or cause tissue damage. Therefore, it’s very important to choose a doctor who knows what they are doing,” says Dr. Brandow.
- **Platelet Rich Plasma With Micro-needling** – “Micro-needling with PRP is a combination that offers a fast, in office option, with excellent results and is less costly than lasers,” explains Dr. Brandow. Learn more about micro-needling [here](#).
- **The Tummy Tuck** – This is the gold standard offering the best results. “It’s is the only option for complete and permanent stretch mark removal. Recovery time can be

up to six weeks and again it is critical that one chooses a reputable doctor. A botched tummy tuck can lead to off-centered belly buttons, long thick scars, and dangerous infections,” warns Dr. Brandow.