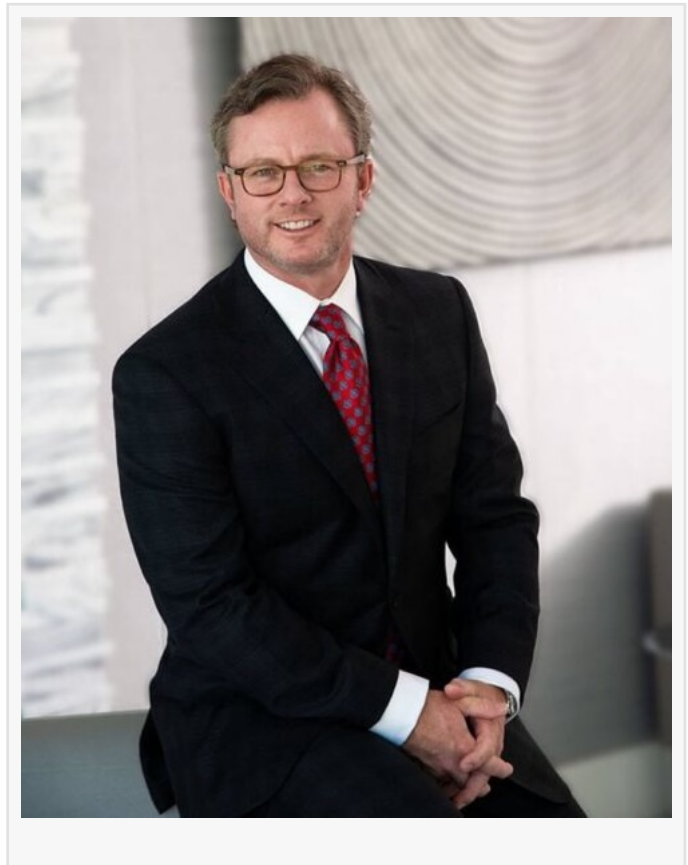


Can Stretch Marks Be Removed? Atlanta Plastic Surgeon Weighs In

John Connors, MD, FACS – a double board-certified plastic surgeon in Atlanta – outlines potential surgical and non-surgical solutions for stretch marks.

ATLANTA, GA, UNITED STATES, April 2, 2026 /EINPresswire.com/ -- According to [Atlanta plastic surgeon](#) John Connors, MD, FACS, stretch marks are a common concern for many individuals, and patients often seek ways to reduce their appearance. In Dr. Connors' professional experience, however, the extent to which stretch marks can be improved depends largely on their location and severity.

"In some cases, surgical procedures may offer the most noticeable improvement for stretch marks," says Dr. Connors. With this in mind, he urges patients to understand that outcomes can vary.



What Are Stretch Marks?

Stretch marks, also known as striae, form when the skin expands more quickly than its underlying support structure can accommodate. This process can disrupt collagen and elastin fibers within the skin, leading to visible streaks or lines.⁽¹⁾ Dr. Connors explains that while stretch marks are not medically harmful, they can affect a patient's confidence – particularly when they appear in highly visible areas such as the abdomen, breasts, hips, or thighs.

Surgical Options for Stretch Marks

For patients seeking more dramatic improvement, Dr. Connors explains that surgical procedures may be an option when stretch marks are located on skin that can be removed. For example, procedures such as [tummy tuck](#) and arm lift surgery typically involve the excision of loose or stretched skin, which may include areas affected by stretch marks.

Dr. Connors notes that these procedures are frequently recommended for individuals who also wish to address concerns such as excess skin or weakened underlying tissues. As a result, improvement in stretch marks is often a secondary benefit of a more comprehensive body contouring plan – such as a [mommy makeover](#), which can help restore a patient’s pre-pregnancy physique.

Possible Non-Surgical Solutions

When surgery is not indicated, Dr. Connors emphasizes that non-surgical treatments may reduce the visibility of stretch marks. Skin rejuvenation options, such as laser-based therapies, can stimulate collagen production and improve skin texture over time.

At Plastic Surgery Group of Atlanta, treatments like microneedling and Renuvion® (J-Plasma) may be used in select cases to enhance skin tightening and overall skin quality. While these approaches usually cannot eliminate stretch marks entirely, Dr. Connors states that they can make them less noticeable and contribute to a smoother, more refined appearance.

Furthermore, Dr. Connors encourages patients interested in addressing stretch marks to consult with a qualified plastic surgeon to explore their options for treatment.

Reference:

(1) American Society of Plastic Surgeons (ASPS): <https://www.plasticsurgery.org/news/blog/what-are-stretch-marks-and-what-can-you-do-to-get-rid-of-them>

To view the original source of this release, click here:

<https://www.plasticsurgerygroupatl.com/tummy-tuck/can-stretch-marks-be-removed-atlanta-plastic-surgeon-weighs-in/>

About John Connors, MD, FACS

Dr. John Connors is a double board-certified plastic and reconstructive surgeon, holding certification from both the American Board of Plastic Surgery (ABPS) and the American Board of Surgery (ABS). He completed his undergraduate education at Vanderbilt University and earned his medical degree from Georgetown University School of Medicine, followed by a General Surgery Residency at Dartmouth College and Advanced Fellowship training in Plastic & Reconstructive Surgery at Harvard. An active member of The Aesthetic Society® and the National Board of Medical Examiners, Dr. Connors is known for his meticulous technique and comprehensive approach to procedures ranging from facial rejuvenation to full-body contouring. His work has earned national recognition, including honors from Newsweek and Modern Luxury, as well as distinction as a Castle Connolly® Top Doctor. He is available for interview upon request.

To learn more about Plastic Surgery Group of Atlanta, visit plasticsurgerygroupatl.com, follow facebook.com/drconnors, or find the practice on Instagram @[plasticsurgerygroupofatlanta](https://instagram.com/plasticsurgerygroupofatlanta).

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