Stratamark®

for the prevention and treatment of stretch marks

[GR] Πληροφορίες για τον ασθενή

Το Stratamark είναι μια ταχέως σταθεροποιούμενη, διαυγής, μη κολλώδης γέλη για την πρόληψη και τη θεραπεία των ραβδώσεων (striae distensae).

Οι ραβδώσεις είναι ένας τύπος λεπτής, επίπεδης ουλής. Στα αρχικά στάδια οι ραβδώσεις εμφανίζονται ελαφρά υπερυψωμένες με ροζ προς κόκκινο χρώμα. Με το πέρασμα του χρόνου αποκτούν μια μωβ απόχρωση και τελικά μετατρέπονται σε λευκές, ατροφικές, λεπτές, ρυτιδωμένες γραμμές.

Το Stratamark είναι κατάλληλο για την πρόληψη και τη θεραπεία όλων των τύπων ραβδώσεων. Ειδικά αυτών που καλύπτουν μεγάλη επιφάνεια και έχουν σχηματιστεί κατά την εγκυμοσύνη, την ταχεία σωματική ανάπτυξη στην εφηβεία, την απότομη αυξομείωση βάρους ή μετά από έντονη μυϊκή ανάπτυξη (bodybuilding).

Όταν χρησιμοποιείται σύμφωνα με τις οδηγίες, το Stratamark στεγνώνει και δημιουργεί μια λεπτή προστατευτική μεμβράνη, που είναι αδιάβροχη και διαπερατή από αέρια, η οποία ενυδατώνει και προστατεύει, αποκαθιστώντας τον κύκλο σύνθεσης του κολλαγόνου του δέρματος.

Το Stratamark χρησιμοποιείται για να απαλύνει και να εξομαλύνει τις ραβδώσεις, να μειώσει την ερυθρότητα και την δυσχρωμία που σχετίζονται με αυτές καθώς επίσης να προσφέρει ανακούφιση από τον κνησμό και την δυσφορία που προκαλούν.

Το Stratamark εφαρμόζεται εύκολα σε μεγάλες επιφάνειες του σώματος (δηλ. σε γλουτούς, στη κοιλιακή χώρα, τους μηρούς, το στήθος και την πλάτη). Είναι σχεδιασμένο να εφαρμόζεται σε όλες τις εκτεθειμένες και ευαίσθητες περιοχές.

Ενδεδειγμένη χρήση

Το Stratamark χρησιμοποιείται για την πρόληψη και τη θεραπεία των ραβδώσεων (striae distensae).

Το Stratamark δε διεισδύει κάτω από το επίπεδο της κεράτινης στιβάδας (ανώτερη στιβάδα του δέρματος).

Το Stratamark δεν περιέχει αλκοόλες, parabens ή αρώματα και είναι διαυγές και άοσμο.

Το Stratamark είναι κατάλληλο για γυναίκες σε κύηση, μητέρες σε γαλουχία, παιδιά και άτομα με ευαίσθητο δέρμα.

Οδηγίες χρήσεως



Όταν χρησιμοποιείτε για πρώτη φορά τα σωληνάρια των 20 g, αφαιρέστε το καπάκι προστασίας, κόψτε το στόμιο του σωληναρίου και ασφαλίστε μετά τη χρήση.



Στα σωληνάρια των 50 g, αφαιρέστε το καπάκι προστασίας, στη συνέχεια αφαιρέστε το προστατευτικό κάλυμμα και ασφαλίστε μετά τη χρήση.

Βεβαιωθείτε ότι το δέρμα σας είναι στεγνό και καθαρό. Εφαρμόστε μια μικρή ποσότητα Stratamark στις σχετικές περιοχές και απλώστε ομοιόμορφα μέχρι να σχηματιστεί μια λεπτή στρώση.Μια μικρή ποσότητα γέλης αρκεί για το επιθυμητό αποτέλεσμα.

Όταν εφαρμοστεί σωστά το Stratamark θα πρέπει να στεγνώσει μέσα σε 5–6 λεπτά. Εάν δεν στεγνώσει σημαίνει ότι έχετε χρησιμοποιήσει περισσότερο από όσο χρειάζεται. Απομακρύνετε την περίσσεια με ένα καθαρό χαρτομάντιλο και αφήστε την υπόλοιπη γέλη να στεγνώσει.

Όταν στεγνώσει το Stratamark μπορεί να καλυφθεί από εσώρουχα, αντηλιακά και καλλυντικά.

Το Stratamark θα πρέπει να εφαρμόζεται μία φορά την ημέρα ή μετά από κάθε πλύσιμο. Για καλύτερα αποτελέσματα το Stratamark θα πρέπει να παραμένει σε συνεχή επαφή με το δέρμα (24ώρες την ημέρα/7 ημέρες την εβδομάδα)

Αφαίρεση του Stratamark

Αφαιρέστε το Stratamark από τα χέρια σας μετά από κάθε εφαρμογή με υγρό σαπούνι και ζεστό νερό. Επαναλάβετε αν είναι απαραίτητο.

Συνιστώμενη διάρκεια θεραπείας

Πρόληψη των ραβδώσεων κατά τη διάρκεια της κύησης:

Το Stratamark προτείνεται να χρησιμοποιείται από την έναρξη του δεύτερου τριμήνου της κύησης (13η εβδομάδα) ή με τα πρώτα σημάδια εμφάνισης των ραβδώσεων.

Η θεραπεία θα πρέπει να συνεχίζεται έως και μετά τον τοκετό για τουλάχιστον 60 με 90 ημέρες.

Πρόληψη των ραβδώσεων κατά τη φάση της ταχείας σωματικής ανάπτυξης στην εφηβεία:

Το Stratamark πρέπει να χρησιμοποιείται όσο διάστημα διαρκεί η ταχεία σωματική ανάπτυξη κατά την εφηβεία ή μέχρι να σταματήσει η τάση του δέρματος. Η θεραπεία θα πρέπει να συνεχίζεται για επιπλέον 60 με 90 ημέρες.

Θεραπεία εγκατεστημένων ραβδώσεων:

Το Stratamark θα πρέπει να χρησιμοποιείται για τουλάχιστον 60 με 90 ημέρες 24 ωρη/7 ήμερη εφαρμογή. Η συνεχής χρήση είναι απαραίτητη μέχρι να μην παρατηρείται περαιτέρω βελτίωση. Παλιές και έντονες ραβδώσεις μπορεί να χρειαστούν περισσότερο.

Το Stratamark μπορεί να χρησιμοποιηθεί σε συνδυασμό με άλλες θεραπείες για την αντιμετώπιση των ραβδώσεων συμπεριλαμβανομένης και της θεραπείας με laser. Ζητήστε τη συμβουλή του γιατρού σας.

Πόσο Stratamark χρειάζομαι?

Απαιτεί σημαντικά λιγότερη ποσότητα ανά εφαρμογή συγκριτικά με άλλες ενυδατικές κρέμες ή καλλυντικά παρασκευάσματα.

- **Ένα σωληνάριο των 20 γρ** περιέχει αρκετή ποσότητα για ένα μήνα θεραπείας για τις γυναίκες που βρίσκονται στα τελευταία στάδια της κύησης.
- **Ένα σωληνάριο των 50 γρ** περιέχει αρκετή ποσότητα για 2 μήνες θεραπείας για τις γυναίκες στα τελευταία στάδια της κύησης.

Κατά την έναρξη της κύησης ή μετά τον τοκετό, ένα σωληνάριο θα κρατήσει περισσότερο λόγω της μικρότερης περιοχής εφαρμογής.

Προσοχή

- Για εξωτερική χρήση μόνο.
- Το Stratamark δεν θα πρέπει να εφαρμόζεται σε εγκαύματα τρίτου βαθμού ή σε ανοιχτά τραύματα.
- Το Stratamark δεν θα πρέπει να έρχεται σε επαφή με τους οφθαλμούς ή με βλεννογόνους.
- Το Stratamark δεν θα πρέπει να εφαρμόζεται πάνω από άλλες δερματικές θεραπείες χωρίς την συμβουλή του γιατρού σας.
- Το Stratamark μπορεί να λερώσει τα ρούχα σας αν δεν έχει στεγνώσει εντελώς. Εάν συμβεί αυτό, ο λεκές μπορεί να αφαιρεθεί με στεγνό καθάρισμα. Το Stratamark δεν καταστρέφει τα υφάσματα.Εάν αυτό συμβεί, το στεγνό καθάρισμα μπορεί να αφαιρέσει το Stratamark χωρίς να υποστεί κάποια βλάβη το ύφασμα.
- Για σωστή φύλαξη, παρακαλώ ασφαλίστε το σωληνάριο με το καπάκι μετά τη χρήση.
- Εάν παρατηρηθεί ερεθισμός διακόψτε τη χρήση και συμβουλευτείτε το γιατρό σας.
- Φυλάξετε το Stratamark σε ασφαλές μέρος μακριά από παιδιά.
- Μην το χρησιμοποιείται μετά την ημερομηνία λήξεως (EXP) η οποία αναγράφεται στο σωληνάριο. Ημερομηνία λήξης δεν αλλάζει από τη στιγμή που θα ανοιχθεί το σωληνάριο.
- Δεν απαιτούνται ειδικές μέθοδοι απόρριψης για το Stratamark. Παρακαλώ ακολουθήστε τους εγχώριους κανονισμούς σχετικά με την απόρριψη.
- Εντός της Ευρωπαϊκής ένωσης,σοβαρά συμβάντα σχετιζόμενα με τη χρήση του Stratamark θα πρέπει να αναφέρονται στην Stratpharma και στην αντίστοιχη αρμόδια αρχή στη χώρα που βρίσκεται ο χρήστης.

Συστατικά: Polydimethylsiloxanes, Siloxanes, Alkylmethyl Silicones

[RO] Informaţii pentru pacienţi

Stratamark este o formulă de gel transparent, neaderent, cu uscare rapidă, pentru prevenirea şi tratarea Striae Distensae (vergeturi).

Vergeturile sunt un tip de cicatrici subţiri şi aplatizate. În stadiile incipiente, vergetura apare uşor în relief, cu o culoare roz spre roşu, care, în timp, capătă o uşoară nuanţă purpurie şi apoi devine albă, adâncită, cu linii fin ridate.

Stratamark a fost dezvoltat pentru prevenirea şi tratarea tuturor tipurilor de vergeturi, în special a celor care acoperă o suprafaţă mare, rezultate în urma sarcinii, a creşterii în adolescenţă, a creşterii sau pierderii în greutate sau a culturismului.

Atunci când este utilizat conform instrucţiunilor, Stratamark se usucă pentru a forma o peliculă de gel subţire şi flexibilă. Creează un strat protector care este permeabil la gaze şi rezistent la apă, care hidratează şi protejează vergeturile, permiţând pielii să îşi normalizeze ciclul de sinteză a colagenului.

Stratamark este utilizat pentru a înmuia şi aplatiza vergeturile, pentru a reduce roşeaţa şi decolorarea asociate cu vergeturile, precum şi pentru a ameliora mâncărimile şi disconfortul provocate de vergeturi.

Stratamark a fost dezvoltat pentru a se răspândi cu uşurinţă pe suprafeţe mari ale corpului (de exemplu, fese, abdomen, coapse, sâni şi spate), precum şi pe zonele expuse şi sensibile.

Indicaţii

Stratamark este utilizat pentru prevenirea şi tratamentul Striae Distensae (vergeturi).

Stratamark nu pătrunde sub nivelul stratului cornos (stratul superior al pielii).

Stratamark nu conţine alcool, parabeni sau parfumuri şi este transparent şi inodor.

Stratamark este recomandat femeilor însărcinate, femeilor care alăptează, copiilor şi persoanelor cu piele sensibilă.

Instrucţiuni de utilizare



La prima utilizare a tuburilor de 20 g, îndepărtaţi capacul, tăiaţi vârful tubului şi reînchideţi după administrare.



În cazul utilizării tubului de 50 g, îndepărtaţi capacul, apoi sigiliul de protecţie şi reînchideţi după administrare.

Asiguraţi-vă că pielea este curată şi uscată. Aplicaţi o cantitate foarte mică de Stratamark cu vârful degetelor şi distribuiţi uniform pe toată zona pentru a forma un strat foarte subţire de gel şi lăsaţi-l să se usuce. O cantitate mică de gel acoperă o zonă mare.

Dacă este aplicat corect, Stratamark ar trebui să se usuce în 5–6 minute. Dacă durează mai mult să se usuce, probabil că aţi aplicat prea mult. Îndepărtaţi uşor excesul de gel cu un şerveţel sau un prosop de hârtie şi lăsaţi procesul de uscare să continue.

Odată uscat, Stratamark poate fi acoperit cu lenjerie de corp, creme de protecţie solară sau produse cosmetice.

Stratamark trebuie aplicat o dată pe zi, sau după fiecare spălare. Pentru rezultate optime, Stratamark trebuie menţinut în contact continuu cu pielea (24 de ore pe zi/7 zile pe săptămână).

Îndepărtarea Stratamark

Stratamark poate fi îndepărtat cu uşurinţă de pe mâini prin spălarea acestora cu apă caldă şi săpun. Dacă este necesar repetaţi procesul.

Durata recomandată a tratamentului

Prevenţia vergeturilor pe durata sarcinii:

Stratamark este recomandat a fi utilizat de la începutul celui de-al doilea trimestru (13 săptămâni de sarcină) sau de la primul semn de apariţie a vergeturilor. Tratamentul trebuie continuat după naştere timp de cel puţin 60 până la 90 de zile.

Prevenţia vergeturilor pe durata puseului de creştere:

Stratamark trebuie utilizat pe toată durata

puseului de creștere sau până când pielea nu mai este tensionată. Tratamentul trebuie continuat apoi timp de încă 60–90 de zile.

Tratamentul vergeturilor existente:
Stratamark trebuie utilizat timp de cel puțin 60 până la 90 de zile (24 de ore pe zi/7 zile pe săptămână). Se recomandă continuarea utilizării până când nu se mai observă nicio îmbunătățire. Vergeturile severe și/sau mai vechi pot necesita un tratament mai îndelungat.

Stratamark poate fi, de asemenea, utilizat în combinație cu alte tratamente pentru vergeturi (inclusiv terapia cu laser), în funcție de indicațiile medicului curant.

De cât Stratamark am nevoie?

Stratamark gel este o formulă unică care necesită mult mai puțin produs pentru fiecare aplicare decât cremele hidratante sau preparatele cosmetice obișnuite.

- **Stratamark 20 g** conține suficient gel pentru aproximativ o lună de tratament pentru femeile aflate în stadii avansate de sarcină.
- **Stratamark 50 g** conține suficient gel pentru aproximativ două luni de tratament pentru femeile aflate în ultimul trimestru de sarcină.

La începutul sarcinii sau după naștere, un tub va dura mai mult timp datorită zonei mai mici de aplicare.

Avertizări

- Pentru uz extern.
- Stratamark nu trebuie aplicat pe plăgi deschise sau arsuri de gradul III.
- Stratamark nu trebuie pus în contact cu membranele mucoase sau cu ochii.
- Stratamark nu trebuie aplicat peste alte tratamente pentru piele fără sfatul medicului dumneavoastră.
- Stratamark poate păta hainele dacă nu este complet uscat. În cazul în care apar pete, curățarea chimică ar trebui să fie capabilă să le îndepărteze fără a deteriora țesătura.
- Pentru o depozitare corectă, vă rugăm să închideți bine tubul cu capacul.
- Dacă apare iritația, întrerupeți utilizarea și consultați medicul dumneavoastră.
- A nu se păstra la îndemâna copiilor.
- Nu utilizați după data de expirare (EXP) imprimată pe tub. Data de expirare (EXP) nu se modifică odată ce tubul a fost deschis.
- Stratamark nu necesită metode speciale de eliminare. Vă rugăm să respectați normele locale privind distrugerea.
- În cadrul Uniunii Europene, incidentele grave legate de utilizarea Stratamark trebuie raportate la Stratpharma și la autoritatea competentă respectivă din țara în care este stabilit utilizatorul.

Ingrediente: Polidimetilsiloxani, siloxani, alchilmetil silicon

[EN] Consumer information

Stratamark is a rapidly drying, non-sticky, transparent gel formulation for the prevention and treatment of Striae Distensae (stretch marks).

Stretch marks are a type of thin, flattened scar. In the early stages, the stretch mark appears slightly raised with a pink to red colour, which over time develops a slight purple tinge and then eventually becomes white and depressed with finely wrinkled lines.

Stratamark was developed for the prevention and treatment of all types of stretch marks, particularly those covering a wide surface area, resulting from pregnancy, adolescent growth spurts, weight gain or loss, or bodybuilding.

When used as directed, Stratamark dries to form a thin, flexible and protective gel sheet. It creates a protective layer that is gas permeable and waterproof which hydrates and protects stretch marks, allowing the skin to normalise the collagen synthesis cycle.

Stratamark is used to soften and flatten stretch marks, reduce redness and discolouration associated with stretch marks as well as to relieve the itching and discomfort of stretch marks.

Stratamark was developed to spread easily over large surfaces of the body (i.e. buttocks, abdomen, thighs, breasts and back), as well as exposed and sensitive areas.

Intended use

Stratamark is used for the prevention and treatment of Striae Distensae (stretch marks).

Stratamark does not penetrate below the level of the stratum corneum (the top layer of the skin).

Stratamark contains no alcohol, parabens or fragrances and is transparent and odourless.

Stratamark is suitable for pregnant women, breastfeeding mothers, children, and people with sensitive skin.

Directions for use



On first use of 20 g tubes remove the cap, cut the nozzle tip of the tube and close with the cap after use.



On 50 g tubes remove the cap, then the protective seal and close with the cap after use.

Ensure that the skin is clean and dry. Apply a very thin layer of Stratamark to the relevant areas with the fingertips and distribute evenly to form a very thin layer and allow the gel to dry. A little amount of gel goes a long way.

When applied correctly, Stratamark should be dry in 5–6 minutes. If it takes longer to dry you have probably applied too much. Gently remove any excess gel with a tissue or paper towel and allow the drying process to continue.

Once dry, Stratamark can be covered with undergarments, sunscreens or cosmetics.

Stratamark should be applied once per day, or after each wash. For best results Stratamark should be maintained in continuous contact with the skin (24 hours a day/7 days a week).

Removal of Stratamark

Stratamark can be easily removed from the hands after an application by washing them with warm water and soap. Repeat if necessary.

Recommended duration of treatment

Prevention of stretch marks during pregnancy:
Stratamark is recommended to use from the beginning of the second trimester (13 weeks of pregnancy) or at the first sign of stretch marks. The treatment should be continued following birth for a minimum of 60 to 90 days.

Prevention of stretch marks during growth spurts:
Stratamark should be used for the duration of the growth spurt or until the skin is no longer tightly stretched. The treatment should then be continued for an additional 60 to 90 days.

Treatment of existing stretch marks:
Stratamark should be used for at least 60 to 90 days (24 hours a day/7 days a week). Continued use is recommended until no further improvement is seen. Severe and/or older stretch marks may need longer treatment.

Stratamark may also be used in combination with other stretch mark treatments (including laser therapy) with the advice of a physician.

How much Stratamark do I need?

Stratamark gel is a unique formulation that requires substantially less product per application than typical moisturising creams or cosmetic preparations.

- **One Stratamark 20 g** tube contains enough gel for approximately one month treatment for women in the late stages of pregnancy.
- **One Stratamark 50 g** tube contains enough gel for approximately two months treatment for women in the late stages of pregnancy.

In the beginning of pregnancy or after delivery one tube will last longer due to the smaller application area.

Caution

- For external use only.
- Stratamark should not be applied to third degree burns or to open wounds.
- Stratamark should not be placed in contact with mucous membranes or the eyes.
- Stratamark should not be applied over other skin treatments without the advice of your physician.
- Stratamark may stain clothing if not completely dry. If staining occurs, dry cleaning should be able to remove it without damaging the fabric.
- For correct storage please reclose the tube tightly with the cap.
- If irritation occurs, discontinue use and consult your physician.
- Keep out of the reach of children.
- Do not use after the expiration (EXP) date printed on the tube. The expiration (EXP) date does not change once the tube has been opened.
- Stratamark does not require special disposal methods. Please follow your local disposal regulations.
- Within the European Union, serious incidents related to the use of Stratamark should be reported to Stratpharma and the respective competent authority in the country the user is established.

Ingredients: Polydimethylsiloxanes, siloxanes, alkylmethyl silicones

Stratpharma Switzerland
Heal Better™

www.stratamark.net

MD — Ιατροτεχνολογικό προϊόν
Dispozitiv medical
Medical device

Συμβουλευθείτε το φύλλο οδηγιών χρήσης
Consultați prospectul atașat
Consult instructions for use

Φυλάξετε μακριά από παιδιά
A nu se lăsa la îndemâna copiilor
Keep out of the reach of children

Ανάλωση έως
A se utiliza până la data de
Use by date

LOT — Αριθμός παρτίδας
Lot nr.
Batch code

ημερομηνία παραγωγής
Data fabricației
Date of manufacture

Stratpharma AG,
Aeschenvorstadt 57, CH-4051 Basel, Ελβετία /
Elveția / Switzerland

EC REP — Freyr Regulatory GmbH
Marie-Curie Straße 8, 79539 Lörrach, Γερμανία /
Germania / Germany
SRN: DE-AR-000047121

Importer to the European Union:
Stratpharma Limited,
Clifton House, Fitzwilliam Street Lower,
Dublin 2, D02 XT91, Δημοκρατία της Ιρλανδίας /
Republica Irlandeză / Republic of Ireland

Υπεύθυνος διανομης για την Ελλαδα:
Stratpharma Hellas
Κλεισθένους 171 κ Αριωνα
15344, Γέρακας Αττικής
Τηλ: +30 21 60023683
gr.inquiries@stratpharma.com

Distribuitor pentru România:
Stratpharma România S.R.L.
Adresă: Str. Jiului, Nr. 2, Et. 2,
Sector 1, București
ro.inquiries@stratpharma.com

Ημερομηνία τελευταίας αναθεώρησης του φύλλου οδηγιών χρήσης / Data modificării informațiilor / Date of preparation of this information: 12/2025

CE

SK000GRROPI07-1225