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We'd love to hear your feedback, so we can
continue to improve our service to you.

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Skincare Resolutions to Make for 2022

It's that time of year again when we look back and decide which skin habits we're going to leave behind and which ones we're taking with us into the new year. If achieving healthy-looking skin is on your list of top priorities for 2022, you've come to the right place. We're laying out the skincare resolutions you should make for the new year.

Resolution #1: Apply Broad Spectrum SPF Everyday

Sun damage is one of the top skin concerns we see daily. If you haven't been as diligent with your sunscreen applications, now's the time to adopt a better habit. Not only can wearing Broad Spectrum SPF 15 or higher help protect your skin against sunburn, it can also help prevent premature signs of aging—think: wrinkles, fine lines, and dark spots—and even lower your risk of developing skin cancer. Smooth

a water-resistant formula onto all areas of exposed skin daily, and reapply at least every two hours.

Resolution #2: Don't Neglect Your Neck

You may have pin-pointed the best anti-aging products for stopping the clock when it comes to your face, but it's important you take care of the skin south of your chin, too. Since the neck is often neglected in a routine, it's one of the first areas of skin to show signs of aging.



Resolution #3: Schedule Checkups With Your Dermatologist

Visiting a dermatologist when you need help addressing a skin concern is a good move, but that's not the only reason you should book an appointment. Frequent checkups and skin screenings are an important way to not only build a relationship with your provider, but also to help ensure your skin is healthy and free of any suspicious (or potentially cancerous) moles or lesions.

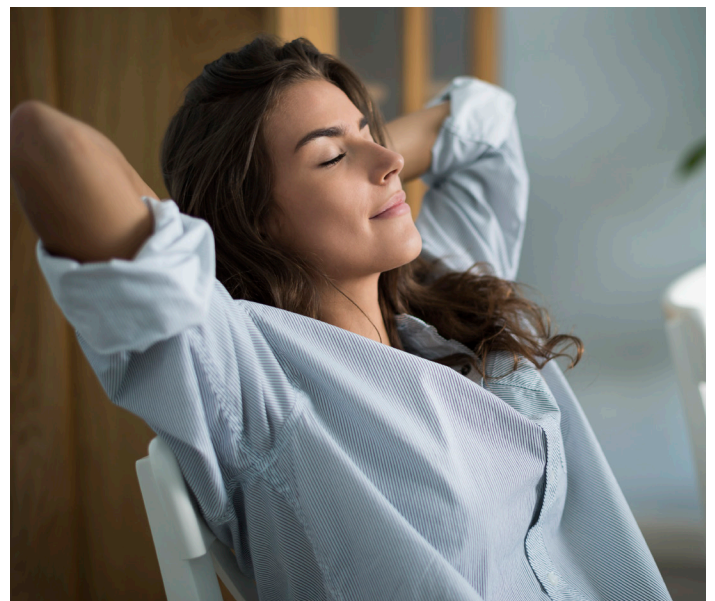
To schedule a skin check with one of our providers, call us at (714) 882-5525.

Resolution #4: Drink More Water

Are you drinking the recommended amount of water per day? If the answer's no, now's your time to change that. Dehydration can not only take its toll on your body, but it can cause your skin to appear less plump and fresh.

Resolution #5: Eliminate Stressors

Did you know that there's a link between stress and acne? If you feel like your stress levels are through the roof, discover new ways to unwind and relax. This could include drawing up a bath, reading your favorite book, or going for a nightly run. The more you do to relax your mind and eliminate the stressors in your life, the better you are setting yourself up for a happy and healthy new year.





Now Introducing the MOXI™ Laser

We're excited to introduce MOXI™ Laser, the latest non-ablative laser that provides a gentler approach to laser resurfacing. MOXI comfortably delivers non-ablative fractionated laser energy to the skin to promote new cell growth and reduce unwanted pigment. With MOXI you can correct uneven pigmentation and improve skin tone and texture without the recovery or downtime associated with more aggressive laser procedures.

Designed to treat all skin types, anytime of the year, MOXI is ideal for younger patients who are just starting a skin regimen or those wanting to revitalize and refresh your skin's appearance without downtime. Due to the minimal downtime needed

and the gentleness of the technology, it's also an ideal treatment for regular skin maintenance to keep your skin looking flawless.

- Fast and easy, under 30 minutes
- Little-to-no downtime
- Simple post care
- 24-hours post treatment makeup can be applied

How does MOXI work?

MOXI delivers fractionated laser energy to create micro-coagulation zones pulling out pigmented areas in the process, which the body then repairs, replacing damaged cells with fresh new ones. MOXI is designed to provide tonal and textural improvements to your face with low downtime, resulting in skin renewal.

How comfortable is the treatment?

Depending on the level of treatment provided, most patients find the treatment well tolerated. A topical numbing cream can be applied to help ensure your treatment is as comfortable as possible.

How long does it take to see results?

Results vary depending on your treatment goals. The day following your treatment, your skin will be very dry and feel like sandpaper and, depending on your level of treatment, you may see the small micro dots called “mendz” where the laser was applied. As the



micro zones heal, they will darken and feel rough. Between days 3-5, the “mendz” will slough off, revealing the renewed skin beneath.

What is your post care?

Because this is a non-ablative fractionated treatment, the post care regimen is simple. Immediately after treatment, wear a physical sunscreen with broad-spectrum UVA and UVB protection and SPF 30+ or higher. After 24 hours, makeup may be applied.

How many treatments will I need?

This will depend on your treatment goals and level of damage. Most patients receive 3 - 4 corrective treatments, then often will sign up for regular maintenance treatments throughout the year.

This month, enjoy Introductory Offers on treatment packages. Ready to schedule a MOXI Laser treatment in the Fullerton area? **Give us a call today at (714) 882-5525.**



Do's and Don'ts for Healthy Nails

Your fingernails can tell you a lot based on their appearance. If your fingernails are smooth and the same color all around, then you likely have healthy fingernails. If you see that your fingernails have ridges, dents, or are an unusual color, this can be a sign of an underlying skin condition. There are several ways you can determine what's normal and what isn't when it comes to fingernails.

Your fingernails are composed of several layers of a protein called keratin. Healthy fingernails are smooth, uniform in color and consistency and free of discoloration. Fingernails can develop vertical ridges that run from the cuticle to the tip of the nail. However, these vertical ridges are harmless and tend to become more noticeable with age. Fingernails can also develop white lines that tend to grow out with your nail. You should be concerned if you notice any of the following and should consult



your primary doctor: any changes in nail color, changes in nail shape, such as curled nails, thinning or thickening of the nails, separation of the nail from the surrounding skin, bleeding around the nails, swelling or pain around the nails, and failure of nails to grow out.

Nail care isn't always talked about but it is important to keep your fingernails strong and healthy by engaging in the following practices. First and foremost, make sure to keep your fingernails dry and clean. It is important to keep them dry and clean because this prevents bacteria from forming. If your job requires your hands to come into constant contact with water, make sure to use rubber gloves. Additionally, if you are repeatedly touching harsh chemicals that can lead to your fingernails splitting, make sure to trim your nails and keep them at a good length in which they are easy to clean. When you apply hand lotion, rub the lotion into your fingernails and cuticles as well. If your nails are thin and tend to break easily, use a nail hardener that can be purchased at your local pharmacy. You can also try taking biotin which is a nutritional supplement that helps restore brittle nails.

Some of the things you want to avoid to protect your nails is biting them or picking at your cuticles. You can cause a lot of damage to the nail bed or prompt an infection to form. Try not to pull on hang nails, instead use nail clippers that have been properly disinfected. Additionally, try and stay away from harsh nail products such as nail polish remover. If you like to constantly change your nail color and need to use nail polish remover often, make sure to choose one that is acetone free. Lastly and most importantly, don't ignore any problem because it can become worse and possibly spread to all your other fingernails.