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# EXCEPTIONAL

## DERMATOLOGY





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DERMATOLOGY CARE

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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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# Getting Rid of Back Acne

Acne is very common, and most people associate acne with primarily targeting one's face; however, acne is common anywhere on the body that contains oil-producing glands. A common area on the body affected by acne besides the face is the back, often referred to as "backne". Back acne can be very uncomfortable to deal with and depending on its severity will determine the type of medication that is needed. Back acne can be classified as any of the following: blackheads, whiteheads, papules, and cysts. Black heads have a dark spot in the center where whiteheads have a white center. Cysts are tender lumps that can be very painful and lastly, papules are small bumps that have no distinct head.

Acne occurs on the back because there are sebaceous glands that produce sebum.

Sebum is an oily, waxy substance that is meant to coat and moisturize the skin. Since sebaceous glands are attached to hair follicles, they can clog your pores and create blockages. Blockages can cause breakouts to occur and form into cysts. Acne lesions can develop due to bacteria being trapped in the pore which can also lead to a type of yeast called *Malassezia*. *Malassezia* grows in areas that are humid and sweaty and can grow on one's back since that part of the body is typically covered by clothing and backpacks.

There are several ways that back acne can be treated, such as over the counter medication, cleansers, non-prescription creams, and moisturizers. If you are experiencing mild to moderate back acne, you could treat it with over-the-counter products that focus on targeting lesions. It is also important to use a cleanser that doesn't irritate your skin. Avoid harsh products and do not scrub your body because this can lead to



scarring. Medicated non-prescription creams can also help reduce acne especially if they include retinoid. Additionally, if your skin feels dry, make sure to apply moisturizer right out of the shower.

If topical products aren't helping, there's also light and laser therapy. There are different types of light and laser therapy such as red, blue, infrared red light, photo-pneumatic therapy, photodynamic therapy, and at-home light therapy. Red, blue, or infrared light therapy can be used to treat pimples. Photo-pneumatic therapy can help unclog pores such as whiteheads and blackheads. Photodynamic therapy can treat severe acne and at-home light therapy devices can treat pimples, but the light isn't as intense. To prevent acne, it is important to maintain a consistent and gentle skin care routine.

If you have back acne and would like to schedule an appointment with one of our providers, **give us a call today at (714) 882-5525.**







# Top 4 Benefits of the HydraFacial

The HydraFacial is a multi-step treatment that rejuvenates, exfoliates, hydrates and brightens the skin, hence improving the skin's overall appearance. The multi-step science behind this treatment is known as Vortex, one of the latest breakthroughs in aesthetic technology. It is the reason why the HydraFacial is moisturizing, refreshing, non-irritating and soothing, just like a combination of multiple different facial treatments. The results of this treatment leave the skin looking younger and healthier. Here are the top four benefits of the HydraFacial:

## 1. Fast Treatment with Immediate Results

The HydraFacial does not need special preparation like other skin treatments; it can

be performed promptly. The whole process can take as little as 30 minutes to complete, and the client will see the results almost immediately. Most celebrities have undergone this treatment on a specific day that they are due on set since they are assured that their skin will look great in front the camera.

## **2. No Discomfort After Treatment**

Some facial treatments may give your skin an uncomfortable burning sensation immediately after they have been performed. For this reason, patients may not return to their activities or work after the treatment. For some, it is even worse that they cannot show their skin to others after that. The HydraFacial, however, is gentle on your skin. You should not experience any pain or unpleasant reactions after the treatment is finished. In

fact, this therapy is enjoyable and relaxing overall, and the client may apply make-up immediately after and return to their normal activities.

## **3. Beautiful, Glowing Complexion**

This treatment works instantly on any visible pores or noticeable fine lines on your face while enhancing the firmness of your skin and texture of your complexion. In addition, it makes your complexion brighter and glowy without uncomfortable aftereffects. As a result, all your skin imperfections including blackheads will vanish without a trace.

## **4. Healthy and Protected Skin**

Most facial treatments are known to focus only on improving the current condition of the skin, but the HydraFacial offers a lot including the infusion of essential vitamins, moisture and antioxidants to the skin. The vitamins and antioxidants aid the skin in fighting the early signs of aging. They also protect the skin from environmental pollution and the harmful effects free radicals. The moisture keeps the skin smooth and soft and increases its elasticity to prevent fine lines and wrinkles.

A treatment like the HydraFacial is what everyone needs to keep their skin healthy and looking young. If you want to find out what this treatment can do for you, get in contact with the trusted experts at Exceptional Dermatology Care to schedule your appointment.







# Signs of Melanoma of Your Foot

Skin cancer can develop anywhere on the skin that is exposed to the sun. Melanoma is the most serious skin cancer and can develop in places that aren't normally exposed to the sun, such as your feet. Melanoma can affect individuals of all races and genders, which is why it is important to check your feet for signs of melanoma regularly especially if you live in an area that gets a lot of sun. There are different signs that you can look out for when you're examining your body for melanoma. If you notice any brown or black vertical lines under your toenails, pinkish-red spots, growth where you injured your foot, rapidly growing mass on your foot, or a non-healing sore on your foot, then it imperative that you visit a skin care specialist.

When melanoma develops, it can sometimes itch, bleed, or cause your foot to be in pain. Melanoma is often mistaken for other things such as a wart or wound that



refuses to heal. However, it is important to pay special attention to areas of your feet you have injured in the past. You want to ensure that you're checking all areas of your foot, such as the top and bottom as well as in between your toes. Melanoma can also occur in your toenails. It is most common in the big toes of your feet. The cancerous cells underneath the toenails can look like purple, brown, or black bruises. These also tend to look like dark streaks that grow vertically in the nail like mentioned previously. Nail injuries will cause the nail to eventually grow out, but these streaks won't go away if they're melanoma.

Melanoma can affect anyone but there are those that are more at risk. Some of these individuals include having fair skin, being sensitive to the sun, having a history of at least one severe sunburn

before the age of 18, having preexisting moles on your feet, having at least 50 moles throughout your body, and having a family history of melanoma or another type of skin cancer. Foot melanoma can be easier to treat if it is diagnosed early on. Melanoma is the most treatable at stage 1 and 2 when it is still in the top layer of the skin. Once it begins to spread and reaches stage 3 and 4 is when it becomes much harder to treat and can even be life threatening. Malignant melanoma is the most life threatening and can spread through the lymphatics and blood vessels. This skin cancer commonly begins as a small brown or black spot however one third of cases appear pink or red. In general, if there is any area of your body that is concerning, it is very crucial that you make sure to see a dermatologist as soon as possible.