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TABLE OF CONTENTS

Say Goodbye to Droopy Eyelids with Upneeq	Pg. 2
The Importance of Patch Testing Skin Care Products	Pg. 4
How to Get Rid of Blackheads	Pg. 6

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

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Say Goodbye to Droopy Eyelids with Upneeq

Do your eyelids look droopy or saggy? It may seem frustrating, but it's much more common and likely to occur due to getting older.

With age, the muscles in the body can weaken, including those in your face. Weak muscles around the eye can lead to drooping eyelids.

Having eyelids that look droopy can make you feel self-conscious about your appearance. More importantly, though, it can also make it harder to see.

There are ways to correct drooping eyelids surgically, but there's also a new, non-invasive treatment option called Upneeq. Upneeq can be used to treat a specific

EXCEPTIONAL DERMATOLOGY | 2

cause for drooping eyelids called acquired ptosis.

Here at Exception Dermatology Care, we are now offering this revolutionary new ptosis treatment option to our patients that qualify and are a good fit for it. Keep reading to learn more about what acquired ptosis is and how to treat it using Upneeq!

What is Acquired Ptosis?

Acquired ptosis, which is short for acquired blepharoptosis, is a condition that develops when the upper eyelids begin to droop or sag. This drooping happens when the muscles or nerves that hold the eyelids in place weaken.

The most common reason the muscles around the eye weaken is due to aging and getting older. But acquired ptosis can also happen for other reasons, including neurological or nerve conditions, masses on the eyelid, multiple sclerosis (MS), and diabetes.

Having droopy or sagging eyelids can affect your appearance, making you look tired. This can affect your self-confidence and make you feel older.

Sagging eyelids also can make it harder to see by blocking part of your vision. Both of these effects are reasons that acquired ptosis should be diagnosed and treated.

What is Upneeq?

Upneeq is a medication that's used to treat acquired ptosis. It comes in the form of eye drops.

Using the Upneeq eye drops daily gradually lifts your eyelids, allowing you to see better and improve your appearance. Upneeq is made from an oxymetazoline hydrochloride ophthalmic solution.

In a different form, the solution can also treat minor eye irritations. But when used regularly, using Upneeq eye drops can help patients who have acquired ptosis.

How Do You Use Upneeq?

Using Upneeq is simple. Patients take the drops daily, administering one eye drop per eye. The drops are conveniently portioned into single-use containers.

You'll never need to worry about if you're using the right amount, instead always having the exact amount right when you need it. If you wear contact lenses, you can use Upneeq as long as you wait 15 minutes after administering the eye drops to put in your contacts.

Although there is the potential for side effects, using Upneeq eye drops is easy, has minimal side effects, and can vastly improve your condition while helping you feel better about your appearance. Learn more about Upneeq and if it may be right for you by scheduling an appointment today!



The Importance of Patch Testing Skin Care Products

As eager as you may be to trying out the new skin care product you just purchased, it is important to patch test beforehand. Patch testing is when you apply the product on a patch of your skin to determine if your skin is compatible with the ingredients in the product. If you don't patch test first and apply the product all over your skin, if you experience any type of skin reaction, it will be harder to contain. Sensitive skin is especially prone to having a negative reaction, whether it be to the chemicals, preservatives, or other ingredients. Therefore, it is essential that you patch test on a small area of your skin when applying any new product.

To effectively perform a patch test, you need to apply a dime sized amount of product to a small area of your skin. Make sure you don't apply it anywhere that you can easily wash off because it needs to be on the skin long enough to determine how

your skin reacts. You can patch test on the inside of your arm or any area you see fit. Keep the product on for as long as you normally plan on wearing it. Performing the patch test once isn't enough, you need to repeat these steps for at least a week. It can take a couple of days before a reaction occurs; therefore, it is important to wait this trial period before implementing the product into your skin care routine. If you notice that your skin starts to burn, sting, develop discoloration or a rash, make sure to wash off the product immediately.

When introducing new products into your skin care routine, make sure to be aware of the ingredients that can be irritants. Ingredients such as anthralin, benzalkonium chloride tretinoin, tetra ethylene glycol diacrylate, dithranol, epichlorohydrin, podophyllin, and propane sulphone can be found in skin care products and can cause contact dermatitis due to their contents.



Contact dermatitis is when your skin has a delayed negative reaction to a product. However, if you have previously encountered the same irritant, then it is likely that your skin may react negatively right away. There are also many allergens in cosmetic products that you should be aware of. These allergens range from fragrances, preservatives, dyes, metals, and natural rubber.

When choosing a product, your safest bet is to choose one that is fragrance free. Make sure that the product specifically states “fragrance free” and not just “unscented”. Unscented products can still contain fragrances that can potentially cause an allergic reaction. Products that have fewer ingredients tend to be safer and more natural. It is important to note that you can patch test and still experience skin irritation as time goes on. You should reach out to a skin care specialist if you develop hives, haven't seen improvement on a rash, or develop a rash that is oozing puss. Reactions like these are more severe and should be monitored by a professional.





How to Get Rid of Blackheads

Everyone has blackheads that they are desperately trying to get rid of at some point or another. Blackheads are a combination of dead skin cells and oil mixed together. Blackheads are black because while they sit on your pores they are being exposed to the air which in turn oxidizes them. There are several things you can do to get rid of blackheads depending on their severity. For instance, you can use a salicylic acid scrub for mild blackheads. However, you want to make sure that you aren't exfoliating every day because you don't want to over exfoliate and dry your skin out.

There are also several masks that you can apply such as a clay or charcoal mask. These types of masks help draw out oils and toxins from the skin. Besides helping with blackheads, clay and charcoal masks help reduce redness and balance the skin's overall tone. There are also various cleansers that can help reduce blackheads and contain salicylic acid. If you have black heads in concentrated areas, such as your

nose, you can use pore strips. Pore strips can be effective in small areas but aren't recommended for other parts of your face.

You can also try using an electronic brush to thoroughly clean out your pores. There are plenty of brushes on the market, so it is important that you do your research because you want to ensure that you aren't using a brush head that is too rough. If you have stubborn blackheads, try using a retinoid cream. Retinoid cream is great for reducing how sticky the cells are that clog pores. There are over-the-counter retinoid creams that work well in removing blackheads, and for stubborn blackheads you can use a prescription retinoid cream.

If you have a severe case of blackheads, you can consider oral acne medication. This type of medication is prescribed by a dermatologist or skin care specialist. Acne medication can help decrease the oil production which helps reduce the number of blackheads that appear. If you see an esthetician or dermatologist, consider a chemical peel. Chemical peels, like the Vi Peel, are great for removing the dead skin cells and dirt that is trapped in your pores. Chemical peels are also great for treating wrinkles and improving the appearance of mild scars.

Finally, it is essential that you wash your face regularly during the day and at night. It is equally important to sleep with clean sheets. Your pillowcase accumulates bacteria and dirt which transfers onto your face. This can also lead to pimples and break-outs. Having a clean face and clean sheets with proper skin care habits will reduce blackheads and help your skin appear healthy and radiant.

