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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.

For questions or comments, please send us an email to liz@exceptionaldermatology.com

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What is an Exosome Facial?

Stem cells are multi-purpose cells that can become any cell the body requires, and they have been at the forefront of medical research for years. A decline in stem cells is part of the aging process, and introducing stem cells to the body in an effort to slow or halt the effects of aging has been successful. Exosome facials are the next step in the evolution of stem-cell therapy, and this type of facial is available from the professionals at Exceptional Dermatology Care.

What are exosomes?

Initially, exosomes were thought to be a way for cells to offload waste. Exosomes were little containers of useless matter that cells throw out from time-to-time. Now,

however, it's been discovered that healthy cells also release exosomes as a way of communicating between cells. The treatment was developed using this new information.

Are they stem cells?

Stem cells are whole cells that have the potential to turn into any cell type in the body. Exosomes are not stem cells. They are biological messengers that cells use to transfer information between cells. Stem cells produce a lot of exosomes, and it is through these biological messengers that the stem cells' ability to preserve youth can be harnessed.

Why do exosomes matter?

When stem cells are injected into the body, it's difficult to control what they do and ensure they become the desired type of cell. According to recent research, exosomes can be manipulated to perform a specific action – an ability as yet undiscovered in stem cells. For example, manipulating exosomes to tell cells to rebuild and rejuvenate the skin has led to the development of exosome facials.

What are exosome facials?

You may have heard about the topical exosome face creams celebrities use to stay looking young. The treatment takes this a step further by incorporating microneedling to infuse exosomes, hyaluronic acid, and peptides into the skin

for a much more potent regenerative effect. The treatment can help brighten your complexion and balance your skin tone and will remove redness and any skin irritation.

The power of exosomes doesn't stop there. Treatment with exosomes can also improve skin lesions, scars, and reduce pore size. Exosome facials may be performed as a standalone treatment, with microneedling, or as a complementary treatment to nearly any treatment.

Is this treatment safe?

This treatment has no known side effects, drawbacks, or adverse effects. The product used in the treatment is purified and filtered to remove any unwanted additives. By introducing exosomes and the powerful growth they can stimulate, you can build firmer, more supple skin and reduce the appearance of fine lines and wrinkles.

Get started today!

Stem cells have been closely studied for over a decade, and exosome therapies are some of the newest advances to come out of that research. Exosomes are messengers used by cells to transfer information from one cell to another and can be manipulated to disperse specific anti-aging information. If you'd like to learn more about what exosome facials can do for your life, **contact us today at (714) 882-5525. This month, patients can also enjoy 10% OFF!**



How Effective is PiQo4 Tattoo Removal?

Over 45 million Americans have tattoos; one in five want them removed. Exceptional Dermatology Care is a leading provider of laser tattoo removal in Fullerton, CA. We are proud to offer safe and effective tattoo removal via the revolutionary PiQo4 laser.

What Is The PiQo4 Laser Tattoo Removal?

Using a combination of picosecond and nanosecond laser energy delivery, the PiQo4 is today's most advanced laser tattoo removal treatment. By using four different wavelengths, PiQo4 is able to provide up to 10 times greater energy than traditional tattoo removal lasers. This means treatment sessions are faster and fewer treatments may be required. Clinical studies show that PiQo4 is able to treat darker, multi-colored, and complex tattoos more efficiently, with more significant removal



tattoo removal services.

- Reduced side effects, including less injury to surrounding skin
- Fewer treatments than traditional lasers
- Improved clearance, even on difficult ink colors (including blues, greens, and reds)
- Quick treatments that last just minutes

in much less time.

How Does PiQo4 Remove Tattoos?

Traditional nanosecond lasers used for tattoo removal rely predominately on pure heating of the tattoo pigment. The added ultra-short pulse of energy of PiQo4 goes beyond the photothermal action of a traditional laser by also creating an intense photomechanical effect that shatters the target ink into tiny particles that are easily eliminated by the body, while leaving the surrounding tissue unheated.

Other laser tattoo removal devices may require up to 20 to 30 treatments. PiQo4 treatments can often clear tattoos in about 8 to 12 treatments spaced at least 6-8 weeks apart. Additionally, while other tattoo removal lasers are limited to only lighter complexions, PiQo4 can be used on all skin types.

Benefits of PiQo4

PiQo4 is the latest advancement in laser

Other Applications For PiQo4

In addition to tattoo removal, PiQo4 is approved for the treatment of benign pigmented lesions including sun spots, age spots, melasma, and some birthmarks. These lesions are a result of the cells in the skin producing too much melanin in a localized region, often as a result of sun exposure or aging.

This month, save 20% off PiQo4 Tattoo Removal. If you have any questions about tattoo removal, please feel free to schedule an appointment with one of our providers at (714) 882-5525.





The Importance of Patch Testing Skincare 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 fragrant free. Make sure that the product specifically states "fragrant 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.

