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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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# What is Melasma?

Melasma is very common and is most prevalent in people who have light brown to darker skin tones. It is a pigmentation disorder that causes brown or grey patches on the skin, and it is concentrated in areas that have been exposed to the sun. Melasma typically affects the face region which includes the forehead, nose, cheeks, upper lip, and chin. It can also affect an individual's forearms, neck, and shoulders.

Although men and women are both affected by melasma, women are more at risk and those that are pregnant are at greater risk. Understanding the entirety of why melasma develops hasn't been fully discovered but we do know that skin color, exposure, pregnancy, and genetics play a role. Changes in hormones or hormone treatment can trigger melasma as well as specific skin care products. Overexposure to the sun for lengthy periods of time and on a regular basis puts you at risk for this ailment. Additionally, people who reside in tropical settings and are of a darker complexion are more likely to get melasma.

The main symptom of melasma is hyperpigmentation which is when discolored patches of skin start to appear. It is important to keep in mind that melasma is not a form of skin cancer. When melasma occurs, there should not be any pain or discomfort. If you experience any pain or discomfort, then you should consult a dermatologist because it could be a sign of a more serious issue.

Melasma is easily detectable, and a skin care specialist will be able to diagnose with a visual examination. For the most part, it is not something that necessarily needs treatment unless you are specifically concerned with removing or eliminating its appearance. In that case, it is best to consult a skin care specialist who will likely recommend wearing sunscreen and using skin care products that are meant to brighten the skin. There are also medical procedures that can help reduce the appearance of melasma such as microneedling, chemical peels, laser treatments, and light therapy.



Melasma can be difficult to treat, even if you stick to a treatment plan. Researchers have been studying this issue for some years, which has resulted in several therapy breakthroughs. When receiving a chemical peel, your dermatologist will apply a chemical solution to the melasma during this process. This can aid in the removal of excess pigment. Additionally, microneedling generates small tears in your skin and is a minimally invasive technique. The skin tends to have a more even skin tone as it heals.

Lastly, adding a laser or light treatment to patients who are already applying medication to their skin and protecting it from the sun has been shown in a few studies to boost results. It can be tough to avoid melasma because doctors aren't always sure what causes it. The easiest approach to avoid it is to apply sunscreen with a broad spectrum and a high SPF every day.





# Top 5 Benefits of a HydraFacial

Everyone wants clearer, more beautiful skin that looks as smooth and unlined as a baby's face. The problem is that few of us are willing or want to go through the pain and downtime associated with deep skin treatments. Yet, we still want the benefits.

That's why HydraFacials are the new skin treatment of choice. According to Allure Magazine, a HydraFacial is performed every 15 seconds, somewhere in the world. That's two million treatments globally last year.

## What is a HydraFacial?

A HydraFacial is a treatment that uses patented technology (a medical-grade device) to cleanse, extract, and hydrate skin. It clears dead skin cells, loosens pores,

preps them for extraction using a mix of glycolic acid, salicylic acid, and botanical extracts. Then, it uses a unique vacuum-powered extraction method to remove “gunk” from the skin in a virtually painless procedure.

It’s all made possible thanks to a double-helix vortex treatment wand. One chamber of the wand draws dead skin cells and dirt from the skin while the other pumps the skin full of soothing nutrients (hyaluronic acid, vitamin C, and growth factors). Basically, your skin is freshly cleared for deeper penetration. It’s essentially a peel, microdermabrasion, and hydrating mask all in one.

So, why are HydraFacials loved by patients worldwide? There are five well-known benefits that every patient can expect.

## No Downtime

In just around 30 minutes, a HydraFacial can give you clearer, more radiant skin with little to zero irritation, meaning

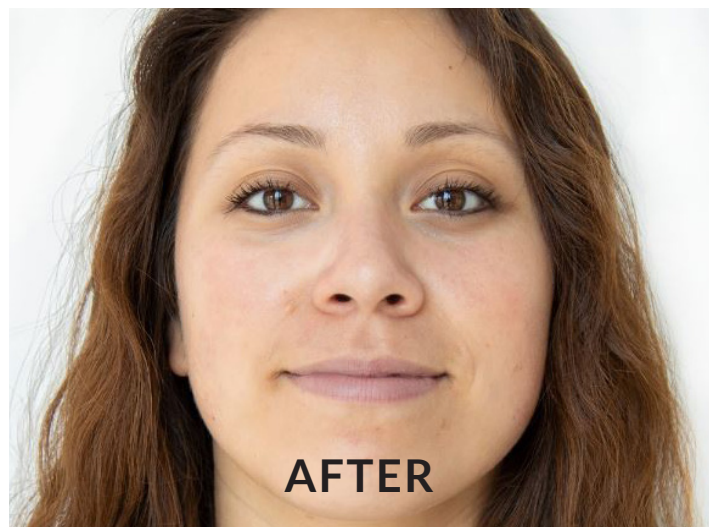
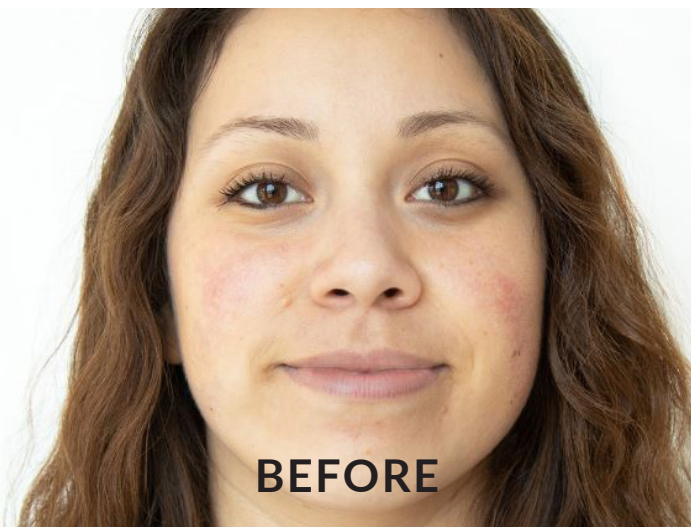
virtually no downtime.

No special preparation is required, and patients can return to their normal activities (including wearing makeup) immediately after treatment. Best yet, you’ll witness a camera-ready reduction in visible pores and fine lines with better skin texture, firmness, and a brighter, glowing complexion.

## Works on Sensitive Skin

HydraFacials avoid causing excessive redness (dilating blood vessels in the skin) by not using pore-softening steam. This means that the treatment even works for individuals with sensitive skin. And since vacuum-powered extraction is used instead of manual squeezing or lancing of the skin, individuals with sensitive skin can enjoy a deep clean without inflammation.

In addition, a HydraFacial can be dialed-in and customized for an array of skin concerns depending on the patient’s needs. Whether you’re a teenager with



acne or an older patient with sun damage and hyperpigmentation, it can work for you. The only individuals who should avoid a HydraFacial are those with active rashes, sunburns, or rosacea.

## Virtually Painless

Because liquid is deposited with every swipe of the treatment wand (which is a smooth, plastic-tipped wand), patients will never feel scraping or skin pulling. There's no needling, pinching, abrasion, or anything else. The process is very gentle without any uncomfortable burning or unpleasant reactions. In fact, many patients find treatment enjoyable and relaxing.

It should be noted that the treatment does use gentle acids (7.5% glycolic acid and 2.5% salicylic acid), so there might be a slight tingle, but that should be it. A HydraFacial is a feel-good experience that many patients compare to the sensation of a light massage.

## Younger-Looking, Glowing, Healthier Skin

The treatment works instantly on visible pores and fine lines. Patients will witness enhanced firmness and improved texture and complexion, immediately, and they'll see all their blackheads vanish without a trace. You can expect to leave your HydraFacial treatment with a brighter complexion and glowing skin. The HydraFacial produces consistent

results that patients can count on time and time again. It's reliably safe and effective at improving the current condition of your skin. And by providing an infusion of essential vitamins, moisture, and antioxidants to your skin, it helps fight the early signs of aging and protects from environmental pollution and harmful free radicals.

## Treatment is Customizable

The specific formulation of ingredients in your HydraFacial serum can do everything from specifically target dark spots and sun damaged areas to addressing fine lines and skin tone evenness, diminishing wrinkles, and brightening skin tone. Based on your needs, you can ask your skincare professional to calibrate your treatment to your exact issues.

## Final Thoughts

A HydraFacial is such a popular treatment because you get fantastic results without all the side effects typically associated with deep skin treatments. Compared to microdermabrasion, peels, and micro-needling, it is a painless procedure that can be completed in 30 minutes with no downtime. This makes it ideal for individuals who want healthy, beautiful skin immediately. It's the perfect addition to anyone's monthly skin routine. **This month, enjoy 10% OFF a HydraFacial treatment at Exceptional Dermatology Care. Call us at (714) 882-5525 to make a purchase today.**



# Oily Eyelids and How to Prevent Them

There's a variety of reasons to why your eyelids may be producing too much oil. You may have oily eyelids due to the location of overactive oil glands and the shape of your eyes. Hormonal changes can also cause excessive oil production in the skin. Excessive consumption of rich and oily foods can also cause oily eyelids so it is important that you're maintaining a balanced diet. Oily eyelids can be caused by seborrhea, which is characterized by excessive sebaceous gland discharge from the forehead. Seborrheic dermatitis is a chronic endogenous enzyme that causes erythematous skin lesions on the seborrheic areas of the face, such as the nose, forehead, and nasolabial folds, as well as the eyelids. Excessive use of comedogenic moisturizers, sunscreen, and make-up are other exogenous causes.

It is highly recommended that when it comes to your face, especially if you're oily, you should be using non-comedogenic, oil-free products. It is best to use salicylic acid-based keratolytic and sebum control creams on seborrheic areas of the face.





Although oily eyelids are not considered a medical problem, they can have a negative impact on a person's quality of life. If applying eye makeup, such as mascara, is difficult, a mineral-based powder brushed over the eyelashes before applying the mascara may be helpful. This could assist to reduce the oils that are smearing your makeup.

There are several treatment alternatives and cures for removing excess oil from the eyelids. Most of these options are inexpensive and just need minor adjustments to a person's everyday skin care routine. Excess scrubbing can make skin dry and cause it to produce even more oil, so it's important to take additional precautions during the cleansing part of your skin care routine.

Make sure to avoid exposing the eyes to these chemicals as you are applying the product close to your eyes. Face washes containing salicylic acid or alpha hydroxy acids like glycolic acid should be used on a regular basis. Also, eating a lot of vegetables and fruits may help to alleviate the problem of too much oil.

In addition, there are a number of home remedies that can aid in the management of oily skin. Using a gentle face wash twice a day and patting the face dry after exercising rather than rubbing or scrubbing, using non-comedogenic and oil-free products, and avoiding oil or alcohol-based cleaners and makeup. Make sure to put on a light moisturizer and remove makeup before going to sleep, as well as avoid touching your face or eyelids. During the day you can use blotting papers and medicated pads to remove excess oil from the eyelids.

