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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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How Skin Changes In The Fall & What To Do

Your summer skin and fall skin will look and feel differently, as the seasons change so should your skin care routine. The weather has a direct effect on our skin whether we like it or not. Everyone has a different skin type; however, everyone can benefit from altering their summer skin care routine to a routine more suited for fall weather. Below are several tips that can help repair sun damaged skin from the summer and will prepare your skin for the colder months that lie ahead.

The first thing you want to do is to increase your antioxidant intake. Antioxidants will help neutralize your skins appearance. Antioxidants have a plethora of benefits that range from correcting signs of age, helping prevent sunburns, helping the skin repair itself, and brightening skin tone. Antioxidants also help with skin brightening because they fight against abnormal skin pigmentations. Antioxidants like Vitamin

C help stimulate collagen production which is what helps our skin look youthful and refreshed.

Next, you want to switch to extremely hydrating but gentle skin products. It is essential to switch to hydrating products during the fall because the weather tends to be colder. Hydrating skin care products will make your skin less itchy and give your skin a balanced even tone that isn't red or blotchy. Also, cold weather makes the skin crack therefore hydrating lotions and serums can help alleviate any rashes or tears the weather may cause.

As relaxing and tempting it is to take hot baths, reduce your bath time for the sake of your skin. Soaking in a hot bath for an extended period will dry out your skin. If you are in deep need for a bath, make sure to keep the water lukewarm.

Once you have dried yourself off, lather your skin with moisturizer from top to bottom. Your skin will absorb the product into your pores therefore preventing your skin from becoming dry.

During the fall, your skin can benefit from a chemical peel. If you've been thinking of getting a skin care treatment but are unsure on which one, we recommend a chemical peel, like the Vi Peel, to help exfoliate the skin. Also, if your skin is looking a little dull, a chemical peel will help improve the skin's color, tone, and texture. It a great treatment to help get rid of breakouts and smoothing away fine lines and wrinkles. If a chemical peel isn't in your budget, try exfoliating consistently to give your skin that bright natural glow you desire. Exfoliating twice a week during colder months will get rid of dead skin cells.

Bottom Photo: Before & After Vi Peel





What To Know About Sun Rash

Many of us are familiar with the condition you receive when you are out in the sun for too long – sunburn. For those with fair skin, sunburn can be pretty common. This can lead to severe irritation of the skin, sometimes even to dehydration and sunstroke, when the person remains in the sun for too long.

While most are familiar with sunburns, there is also another type of skin condition you can get from exposure to the sun – sun rash.

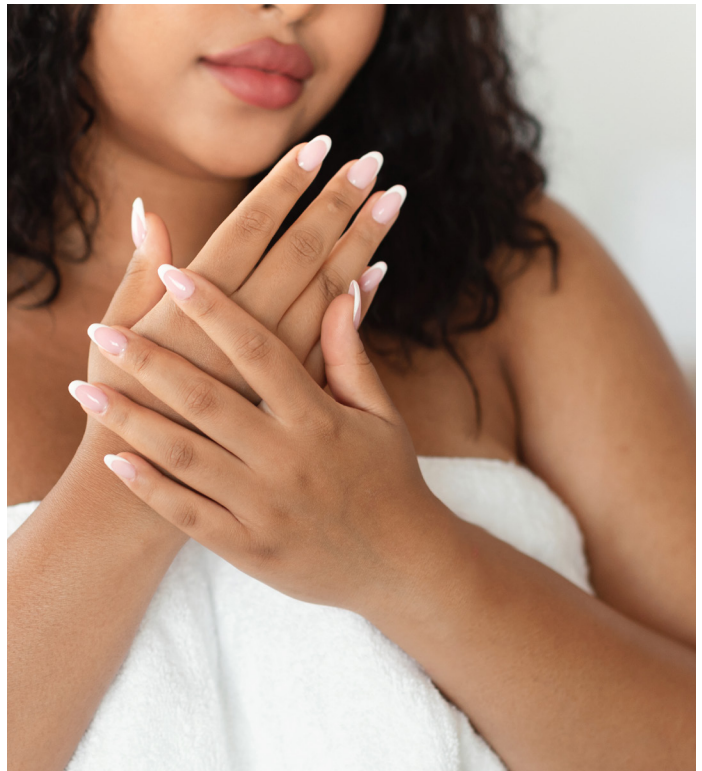
What is a Sun Rash?

Most are quite familiar with sunburns. This is a reddening of the skin that makes it extremely sensitive. However, a sun rash is different. While the skin can become irritated, what makes this condition distinct from the common sunburn is that a

person does not have to come in direct contact with the heat or ultraviolet radiation of the sun to develop a rash, often referred to as a polymorphic light eruption.

In fact, many people have developed a sun rash simply from being outside for an extended period of time. Even if they were under a shaded area, such as a tree, overhang, or other structure, they still developed a rash.

When a sun rash develops, it appears as blotchy red spots on the skin. These can appear in a limited region or can be pretty extensive, even covering an entire extremity or more. However, rarely does the condition occur on the face. These raised patches will often itch or burn and will begin to show after exposure to the sun or its heat after about an hour.



The troublesome part about a skin rash is that you can cover all exposed skin and still develop a rash. While exposure to sunlight can cause inflammation, it is also often caused by the heat of the sun. This means that even if you are taking the proper precautions, you can still develop a rash.

What to Do About a Skin Rash

The great thing about a skin rash is that many of the same things you would do for sunburn can be used for a skin rash. Treat the rash with moisturizers, a cold compress, or even anti-itch medication. Many use antihistamines to counter the effects of itching and irritation.

Should the skin rash continue over a period of days, you may need to see a doctor. In this case, oral steroids may be prescribed as the treatment regimen.





How Does The Vbeam Laser Improve Your Skin?

Vbeam is a pulsed-dye laser (PDL) and is often referred to as a vascular laser because it is excellent at treating issues related to the body's network of blood vessels, such as broken capillaries, rosacea, port wine stains, spider veins, strawberry hemangiomas, and poikiloderma. It can also target superficial pigmentation discolorations such as freckles and sunspots, and a variety of other concerns like stretch marks, acne scars, psoriasis, warts, and wrinkles. Vbeam can also be used to speed up the healing of any post-treatment bruising caused by other cosmetic or surgical procedures.

Vbeam uses a dye to generate different colors of laser beams, which are delivered in pulses. The color of light used is determined by the target. For example, a yellow light is specifically absorbed by blood vessels in the dermis, causing them to collapse without damaging surrounding skin cells. The collapsed vessels are then reabsorbed and eliminated by the body during the natural healing process. The Vbeam laser can be

programmed to emit different colors of light to zap different targets, from blotches of redness to dark spots, causing them to break down and get naturally flushed out.

Who is Vbeam For?

Vbeam works very well on pale skin and moderately well on olive skin. It isn't used on darker skin tones because the transmission of the wavelength is blocked by melanin (pigment) in pigment-rich skin. Individuals with darker skin types should consider chemical peels, microdermabrasion, and laser resurfacing to improve skin texture and tone.

Vbeam is safe for all skin types and gentle enough to treat vascular abnormalities on infants.

Vbeam is not appropriate for pregnant women or patients who have taken Accutane for the past six months. Persons with a history of cold sores or herpes simplex virus shouldn't have this procedure until they are pre-treated for these conditions. Certain medications, particularly blood thinners, may increase the risk of side effects, so it is very important to talk to your provider about your medical history.

How is Vbeam Performed?

Typically, there is mild to no discomfort associated with Vbeam, but more intensive treatments on sensitive areas might call for topical or local anesthetic. The Vbeam has a built-in Integrated Dynamic Cooling Device that sprays a cold (cryogen) mist across the skin, eliminating any discomfort beyond a warm, tingling sensation while the doctor glides it across your skin.

This month, purchase **2 Vbeam laser treatments**, and get **1 FREE** at Exceptional Dermatology Care. Call us at (714) 882-5525 to schedule an appointment today!

