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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](mailto:liz@exceptionaldermatology.com)

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# Why You Should Apply Lotion To Your Back

Many people know the benefits of moisturizing the skin, but applying it to the back can prove tricky. Dry skin can become irritated and itchy, but these simple solutions may help someone apply lotion to hard-to-reach areas.

Some people use moisturizers as part of their daily skin care routine. Others use creams and lotions to combat the symptoms of sensitivity or skin conditions such as eczema or psoriasis.

Whatever the reason, these tips and techniques demonstrate how to reach awkward places on the body that may otherwise prove difficult to moisturize.

Here, we'll explain why you need to moisturize your back and the best ways of

applying it.

## **Why Apply Lotion to Your Back**

The skin is the body's largest organ. It is a protective barrier between the body and the outside world. Our skin also protects the body from environmental hazards, such as pollutants and bacteria.

Itching, burning, and stinging sensations may be signs of skin sensitivity, and can cause your skin to feel tight and uncomfortable. Moisturizers, however, can reduce these signs of dryness and leave the skin feeling smoother and more elastic.

Additionally, the American Academy of Dermatology (AAD) warns that hot water can strip the natural oils out of the skin, which can lead to dryness. They recommend keeping showers and baths short, ideally between 5–10 minutes, with the temperature warm instead of hot.

The AAD also recommends applying moisturizer to damp skin immediately after bathing, ideally within the first 3 minutes.

## **Different Ways of Applying Lotion to Your Back**

The simplest way of ensuring complete coverage for moisturizing your back is to get someone else to do it. However, this may not be practical in every situation, and companies have made various products available to help

people moisturize.

## **Use the forearms**

If you are fairly flexible and can place the back of your forearm and hand across your back comfortably, you may not need an applicator.

To perform this method:

- apply moisturizer to the back of the arm from the elbow to the fingertips
- be careful not to rub the lotion into the arms, but let it sit on the skin's surface
- place the arms behind the back with the elbows bent
- rub the forearms and backs of the hands up and down the back until the skin absorbs the lotion
- repeat as necessary until the back is sufficiently moisturized

It is important to gently massage moisturizers into the skin for optimal results.

## **Use an applicator**

Many companies have designed sponges on long, curved handles to help people apply lotion.

These foam sponge heads may have a textured surface to reduce the risk of the moisturizer sliding off before it reaches the back. You can put the moisturizer onto the foam head and rub it over your back.



# How to Treat Eczema and ‘Winter Itch’

*For some people the return of cold weather can mean searching for a way to treat eczema as they experience the return of dry, itchy skin and irritating rashes. Thankfully, people who suffer from winter rashes can modify their behaviors and take steps to treat winter eczema and soothe a flare up.*

As temperatures drop across the country it becomes the season for warm sweaters, but for some people the return of fall and winter can also mean searching for a way to treat eczema as they experience the return of dry, itchy skin and irritating rashes.

These symptoms are common in people with sensitive skin and allergies, and are often aggravated by the cold, dry air and severe temperatures of the season. Symptoms can also be triggered or worsened by a person’s behavior and choices, such as what clothing they wear or even their morning routine. Thankfully, people who suffer from winter rashes can modify their behaviors and take steps to treat winter eczema and soothe a flare up.



## What is Eczema?

Eczema is a chronic skin disease in which patches of skin become irritated or inflamed, causing itching and the formation of rashes or blisters. Eczema can occur secondary to loss of skin moisture or even due to a reaction to an irritant or allergen, but oftentimes there is not a clear external cause. Atopic dermatitis (also called atopic eczema) is a common type of eczema often associated with a hypersensitive reaction to an allergen. Patients with atopic dermatitis may develop a skin reaction even without direct skin contact with an allergen such as with breathing in pollen or eating a potential food allergen. Furthermore, many people with eczema have a history of other allergies such as food allergies, allergic asthma and/or hay fever or seasonal allergies.

In some cases eczema can be genetic, linked to a mutation in the filaggrin gene. This mutation may cause an impaired skin barrier and ultimately make people more susceptible to dry skin. Moreover, the skin can become inflamed, dry, and red blotches can occur. People with eczema may also have more vulnerable skin and excessive scratching can lead to an infection, therefore it's important to treat eczema symptoms promptly.

Eczema can be commonly found on areas of the body that bend, such as behind the knees and inner elbows/forearms, as well as on the face, neck, wrists, scalp, arms, legs, chest and back. Most



people are diagnosed with eczema when they are children and symptoms may decrease as they get older, but it can persist into adulthood.

## How can Eczema be Treated in the Fall & Winter?

As mentioned, dry air and harsh temperatures can trigger an eczema flare up. However, it is important to identify your specific eczema triggers and minimize your exposure to them. Otherwise if that is not possible, here are a few tips for eczema sufferers to reduce the season's impact on their skin and treat their winter eczema.

**Moisturize.** Avoid harsh soaps and frequently apply a thick moisturizing cream twice a day and especially after getting out of the shower to lock in moisture. (Take shorter showers with lukewarm water, not hot water.) Avoid

moisturizers with fragrances and other additives, as these can further irritate the skin. Our Epionce Renewal Calming Cream is clinically proven to relieve the symptoms of eczema, including itching, redness and dryness. Formulated with cholesterol and ceramides to help protect the skin barrier, Renewal Calming Cream hydrates and repairs extremely dry, sensitive skin. Optimal for skin that is resistant to sensitizers and preservatives found in standard moisturizers.



***Above: Epionce Renewal Calming Cream***

**Protect your skin.** Skin is sensitive to temperature changes, so use gloves and other protective clothing and remove these items promptly if they get wet. Also be sure to use sunscreen outdoors to protect against the solar UV rays.

**Avoid irritants.** Steer clear of allergy triggers and continue to manage any pre-existing allergic conditions. Wash clothes with a detergent that is designed for sensitive skin and is free of added perfumes or chemicals.

While there is no cure for eczema, patients can make it comfortably through the fall and winter seasons with proper management. If you think you have eczema, contact our office at **(714) 882-5525** to schedule an appointment with one of our providers.





# PiQo4 Laser for Tattoo Removal & Skin Pigmentation Treatment

The PiQo4 laser is the most robust pigment removal and tattoo removal solution available today. Its effectiveness lies in a unique combination of pico (one trillionth of a second) and nano (a billionth of a second) energies for variable pulse duration. This advanced technology allows the removal of a wide range of tattoo ink colors, as well as natural pigmentation spots.

## How Does The PiQo4 Laser Treatment Work?

Tattoos are considered permanent because ink particles are too big to be eliminated by the body's natural healing processes. Laser treatment shatters pigments into finer particles that are harmlessly flushed by the immune system. All colors absorb and reflect specific spectra of light, so the PiQo4's variable wavelengths are indispensable in efficient laser tattoo removal. Energy is delivered so fast that pigments are destroyed before heat is generated.



The same principle applies to skin pigmentation treatment and the removal of natural brown and red pigment. Because the PiQo4 laser targets pigments at various depths, it gently and effectively addresses freckles, sun damage, melasma, and some birthmarks.

### **What Happens During The Laser Tattoo Removal Procedure?**

During laser tattoo removal, nanosecond pulses deliver quick bursts of energy to break up larger ink particles in deep skin layers. Then, a second pass with picosecond pulses attacks smaller, shallow particles. Laser tattoo removal and skin pigmentation treatment require a series of treatments, spaced several weeks apart. However, with the PiQo4, you can count on shorter and fewer sessions. This laser has the highest energy output on the market. In addition, it offers a variety of spot sizes, up to 15.5 mm, allowing precise penetration depth and better disbursement into embedded ink particles. With this modality, our providers can safely treat the widest range of tattoo colors, on most skin types.

### **Where On The Body Can The Laser Be Used?**

Laser tattoo removal can be performed just about anywhere on the body. However, studies have shown that upper body tattoos tend to lighten more quickly than those on the legs and feet. The issue is circulation. Where circulation



is typically better, the body may clear pigment more efficiently. This does not mean that you shouldn't seek treatment to remove that foot tattoo you regret. Remember, the PiQo4 is designed for deeper penetration of the 9 most common tattoo pigments, and it delivers 10 times more energy than other laser devices.

Look to the future with beautifully clear skin. Exceptional Dermatology Care proudly provides patients from Fullerton, CA and surrounding areas with laser tattoo removal and skin pigmentation treatment with the PiQo4 Laser. **Contact us at (714) 882-5525 to request an appointment.**