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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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# Winter Is Coming — Here's How to Transition Your Skincare Routine

Your wardrobe isn't the only thing you should switch come winter. Those lightweight gel moisturizers and charcoal cleansers that worked just fine in September might not cut it come December. As colder temperatures approach, dry air, frigid winds, and constant exposure to indoor heat suck the moisture from your skin, stripping it of oils essential for healthy skin barrier function. These conditions can also spark skin sensitivity, redness, and irritation. Bottom line: A regimen shakeup is due.

But don't contemplate an entire overhaul just yet. You might just need a few simple swaps and additions. Take a look at how your skin changes, and adjust or switch out the products accordingly. In general, you need to be careful to use more gentle cleansers and richer moisturizers. To keep skin happy and hydrated—and flaky

freakout-free—follow these skincare switcharoos to execute a seamless transition.

### **Transition Your Cleanser to a Balm, Oil, or Cream**

While foaming, bubbly cleansers are fun to apply, they're not doing your skin any favors. Foaming or salicylic acid-based cleansers are great at removing dirt and oil, but contain sulfates that can be more drying than other types of cleansers. Cleansing creams, balms, and oils can effectively wash the skin while keeping the skin hydrated and not disrupting the skin barrier.

If you suffer from pimples, tread lightly with acne-focused skincare rooted in salicylic acid and benzoyl peroxide. When used in excess, these harsh ingredients can exacerbate dry skin. If you're a regular user, use those products in tandem with pH-optimized skincare that helps regulate skin barriers thrown off balance.

### **Cut Down on Shower Time and Temperature**

While winter weather seems like the optimal time for a long, hot bath, resist the urge. Prolonged contact with hot water can strip skin of its natural moisture, leaving you even drier. Take brief lukewarm showers no more than once per day. And immediately after the shower, while your skin is damp, apply rich moisturizers to lock in hydration.

Use enough to leave your skin feeling well hydrated, which means you may need to apply more than in the summer months.

If your skin is flakier than usual, try dry brushing, a ritual that involves rubbing your skin with a brush in a light, circular motion. The mechanical action works wonders for exfoliating dry winter skin and promoting lymphatic drainage. Plus, it's one heck of a self-massage.

### **Switch From Lotion-based Moisturizer to a Cream**

If you take away one thing, it's this: the cardinal rule of wintertime skincare is keeping skin hydrated. A lighter lotion may satisfy your skin during the dog days of summer, but that's not into colder weather. While humectants may have been sufficient to keep the skin hydrated during humid months, emollients and occlusives will be more important during low-humidity conditions.

Let's back that up a bit:

- **Humectants** (that is, hyaluronic acid and glycerin) are low-molecular-weight substances that extract water from the air and into the skin.
- **Emollients** usually come in the form of creams and lotions that help skin barrier function.
- **Occlusives** are oils and waxes that form a layer on the skin and physically block water from



escaping.

An ideal winter moisturizer contains all three components. But don't worry—these heavier moisturizers can still be non-comedogenic (they won't break you out).

### Layer Your Skincare

Not to keep comparing skincare to clothing, but it's really the best metaphor here. Think of skincare application like outerwear for your skin: Just like you layer clothing to keep warm in cooler months, your skin needs the same to prevent overdrying. Layering allows you to address multiple skin concerns with different products at the same time. For a quick explainer on how to layer skincare, a good rule-of-thumb is to layer lightest to heaviest (watery toner first, serum second, and moisturizer third).

Some hot ingredients to look out for in the cold are ceramides, hyaluronic acid, niacinamide, bakuchiol, and botanical oils. When used in conjunction, they

soothe inflammation, restore hydration, and strengthen the skin barrier.

And don't forget the SPF, which yes, you do need in winter. Even incidental sunlight exposure adds up over a lifetime. While the effect of the sun may be stronger over the summer, you are not immune from potential UV damage during the winter. In fact, UV light reflects off of snow, so you can get a bad sunburn even in the dead of winter.

### Incorporate an Overnight Mask

Not that we need an excuse to apply a face mask; but if you haven't started, winter is the best time to do it. Designed to be the final step of your nighttime skin regimen, overnight masks help lock in all those serums, creams, and oils applied earlier. Overnight masking is also a great opportunity to incorporate more targeted treatments to your skin. For example, those with eczema may benefit from ingredients like ceramides and aloe, while those seeking anti-aging benefits may choose a night mask infused with retinol.







# Seeking an Acne Treatment? Try Forever Clear BBL

Many people, ranging from teenagers to adults, suffer from acne. Acne can lead to many negative issues, such as acne scarring and even low self-esteem. However, you do not have to live with acne. Even if traditional creams and serums do not work for you, there are options. Forever Clear BBL (broadband light therapy) can help reduce your acne.

## What is Forever Clear BBL?

Broadband light therapy is a treatment that uses regenerating technology to enhance the appearance of your skin. This works because light energy is used to gently heat the skin and induce the production of collagen within your skin. Forever Clear BBL is specifically used to help reduce the appearance of acne. During this procedure,

light energy is used to target and destroy bacteria that commonly cause acne, and even help reduce inflammation. This treatment is excellent for those who want help reducing the appearance of damaged skin.

## How Does Forever Clear BBL Work?

After a consultation with our expert team, a treatment plan will be made that fits your specific goals and needs. Before your procedure, your eyes will be covered to protect them from the laser. A team member will then take the treatment device and pass it over your desired treatment areas. The amount of time the procedure takes will vary depending on the size of the area that needs to be covered and any other treatments that are performed.

## What Happens After Forever Clear BBL Treatment?

After your treatment, a cream will be placed on your face to help soothe the area. Post-procedure instructions may also be given. If this is the case, it is best to follow them as closely as possible. You should avoid sun exposure following your treatment. Aside from this, you should be able to return to your normal daily activities as soon as your procedure is over. You may start to see results after a few weeks following your first treatment; however, optimal results are usually seen after multiple treatment sessions. Since Forever Clear BBL can be adjusted to meet your



specific needs, it is safe for all skin tones and types.

Forever Clear BBL can significantly reduce your acne by targeting common bacteria that cause acne. This system uses light energy to destroy this bacteria from deep within your pores. It can also help reduce inflammation you may be experiencing. There is no reason you have to keep suffering from acne when our expert team can help treat it. This system can be customized to fit your specific goals and needs. This month, **save 15% OFF BBL Treatments.** To schedule an appointment with one of our providers, **call us today at (714) 882-5525.**



# Causes and Prevention of a Split Lip

A split lip refers to an open cut or sore in the lip. Lip skin is delicate and prone to cracking in cold, dry weather, which can easily lead to a split lip. A split lip can be annoying and painful, and it may bleed or sting. Most cases of a split lip are due to cheilitis, which is inflammation of the lips.

Using mild home remedies may speed healing in some cases, but a dermatologist may sometimes need to prescribe stronger medications to prevent or treat infections. Learn more about the causes and symptoms of a split lip in this article.



A split lip has many possible causes, including the following:

### **Picking or licking**

The skin of the lips is sensitive and easy to irritate through constant touching. People who frequently lick, bite, or pick at their lips may cause the skin to crack.

This irritation can make the person want to soothe the lips by touching or licking the area again. This behavior can lead to a cycle of dry, chapped lips.

Breaking the habit by using lip balm to soothe the lips can allow them to heal.

### **Weather**

Chapped lips also result from other sources of irritation, such as cold or dry air or too much wind.

Changes in the weather may also lead to cuts in the corners of the lips. A split in this part of the lips can cause a burning sensation and may make even simple actions, such as smiling or chewing, painful because they stretch the sore area.

### **Injury**

Injuries are another common cause of a split lip. These may be more likely in people who engage in contact sports, such as football or hockey, though anyone can sustain an injury.

include:

- getting hit in the mouth
- getting a papercut on the lip
- biting the lip

### **Allergic reactions**

The skin on the lips may react to one or more ingredients in certain products, especially those that touch the lips or mouth, such as:

- toothpaste
- dental floss
- lip balm
- lipstick
- makeup
- moisturizers
- braces

Anyone who notices symptoms such as inflammation, dryness, or redness after using a new lip product should stop using it.

If the symptoms persist, the person can speak to our dermatologist, who may be able to test for certain skin allergies and help the person avoid the products likely to trigger symptoms.

### **Sun damage**

The sun may also damage the sensitive skin on the lips and lead to a split lip, although this generally only occurs after prolonged exposure.

Spending long hours under the sun

without protection for the lips may lead to inflammation, which could cause pain, dryness, or cracking.

## Dehydration

The body uses water to keep the skin hydrated. If a person does not have enough liquid in their body, they may start to notice changes in their skin, such as dryness or cracking.

Mild symptoms of dehydration, such as cracked lips, may appear if a person regularly does not drink enough fluids throughout the day.

Dehydration can also occur after an illness that causes high fever, diarrhea, or vomiting. These symptoms can make the body use or lose a lot of water, leading to dehydration.

## Prevention

Some of the steps that a person can take to promote healing can also help prevent future split lips. These steps include:

- avoiding licking or picking at sensitive lips
- wearing lip protection when out in the elements, especially in cold weather
- avoiding irritating foods, such as citrus or spicy foods
- drinking plenty of water

**Call us at (714) 882-5525 to schedule an appointment with one of our dermatologist** if your split lip causes bleeding that recurs or is difficult to control or if there are signs of infection, such as swelling, redness, oozing pus, and inflammation.

