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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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# 4 Ways to Show Your Skin Some Love

Love is in the air! It's time to show your skin some love! This February, we're focusing on 4 ways to give your skin a little extra TLC. Use these skin tips to get a healthy glow you'll love.

## **Wash Your Face**

While this may seem like a no-brainer, you would be surprised to learn there are good ways and bad ways to wash your face! To start, you should wet your face with luke-warm water and use just your fingertips to apply cleanser. We recommend using a gentle cleanser that does not contain any alcohol. Gently wash with the cleanser by moving your fingertips in a circular motion and refrain from scrubbing. Rinse with lukewarm water, and pat dry. Do not rub a towel across your face – this pulls at skin. We recommend washing your face once in the morning and once at

night, as well as whenever you sweat!

## Moisturize

After washing your face, it is important to moisturize! While spring is soon on the horizon, moisturizing your skin is more important than ever while the cold weather is still here. During the cold winter months, dry air draws out skin's natural moisture and can leave behind flaky, irritated skin in its wake. Make sure you're entering Spring with fresh, beautiful skin by moisturizing. Using a cream or ointment rather than a lotion will yield the best results.



## Wear a Broad Spectrum Sunscreen with an SPF 30+ Daily

These cold, cloudy February days may trick you into thinking you can skip the sunscreen, but don't! Even on cloudy days, UV and UVB rays can reach and damage your skin. Protect your skin by wearing a broad spectrum sunscreen

to reduce your overall exposure to the sun's radiation. This radiation is what causes sun damage and can lead to skin cancer. A broad spectrum sunscreen blocks both types of sun rays. The SPF in the sunscreen refers to the "Sun Protection Factor" present and increases the amount of time it takes UVB rays to redden your skin when properly applied. For instance, wearing a sunscreen with an SPF of 30, it would take approximately 30x longer for your skin to redden than without the sunscreen. Despite the SPF, in direct sunlight, sunscreen only lasts about 80 minutes, so remember reapplying sunscreen as directed is key in preventing damage.

## Get a Chemical Peel

If you are seeking to truly take pampering your skin to the next level, a chemical peel may be the answer! A chemical peel is a cosmetic treatment where a chemical acid solution is applied to the face and neck to help treat sun damage and uneven skin tone. Chemical peels vary in their level of penetration, recovery time and price, and work by removing dead and damaged skin cells to reveal healthier skin underneath. While the term "chemical" may sound scary, chemical peels are exceptionally safe and effective when applied by a board-certified dermatologist.

Want to schedule an appointment with one of our providers? Give us a call at **(714) 882-5525** or visit us online at **[exceptionaldermatology.com](http://exceptionaldermatology.com)**.



# What to Know About Sunspots on the Face

*Sunspots are dark-colored spots that can develop on areas of sun-exposed skin. Despite their appearance, sunspots are benign and not a sign of cancer.*

Although sunspots are harmless, some people may choose to treat them for cosmetic reasons or to improve their self-esteem.

In this article, we discuss what causes sunspots on the face. We also outline the treatments that could help reduce their appearance.

Sunspots, which doctors may refer to

as solar lentigines, are dark brown, flat, rounded spots that may appear on the face or other areas of sun-exposed skin. Sunspots are most likely to develop in the following areas:

- hands
- arms
- shoulders
- back
- feet

The sun emits ultraviolet (UV) radiation that stimulates the production of skin cells called melanocytes. Melanocytes produce a substance called melanin, which gives the skin its color.

When there is a disruption to melanin production, people may develop over-pigmented (hyperpigmented) or underpigmented (hypopigmented) areas of skin. Sunspots are hyperpigmented skin blemishes.

Sunspots are not cancerous and do not become cancerous. However, some people may find these skin blemishes unsightly. They may, therefore, seek treatment to lessen the appearance of sunspots and improve their self-esteem.

## Causes

Researchers note that the enzyme tyrosinase is a key factor in the production of melanin. They suggest that the overactivity of tyrosinase may cause hyperpigmentation or sunspots.

Overactivity of the tyrosinase enzyme can occur as a result of aging. Due to this, some people refer to sunspots as age spots.

According to the American Society for Dermatologic Surgery (ASDS), some people may also have a genetic risk for developing sunspots.



## Treatment

Providers can treat sunspots by slowing down or stopping the activity of the tyrosinase enzyme. They describe drugs that achieve this as having “antityrosinase activity.” The effects that they have can help lessen the appearance of sunspots.

Two types of treatment are available for sunspots on the face: topical creams (Hydroquinone and Tretinoin) and dermatologic techniques, such as laser resurfacing and chemical peels.

If you have any questions about your sunspots, please feel free to schedule an appointment with one of our providers at **(714) 882-5525**.



# Benefits of Restylane Kysse For Lip Volume

Once thought of as something only available to Hollywood starlets, injectable dermal fillers are now used by millions of men and women each year. From smoothing lines and wrinkles to augmenting hollow cheeks, the applications of injectable fillers are virtually endless. Without a doubt, however, one of the most common uses of fillers is to plump up the lips. The exceptional team of medical injectors at Exceptional Dermatology Care are proud to offer the latest and most exciting lip filler available to give patients stunning, long-lasting, natural-looking results. Learn more about Restylane Kysse, and find out what makes it stand out among the competition.

## What is the Best Lip Filler?

Choosing a filler for your lips can be difficult, as there are several possible choices. During your initial consultation for lip fillers, one of our licensed and experienced cosmetic injectors will evaluate your concerns, discuss your personal goals, take a thorough health history, and recommend the filler that best meets your needs. Most often, patients use hyaluronic acid-based fillers to enhance their lips. These unique products are formulated to mimic the body's natural hyaluronic acid for a more natural and pleasing result. One of the newest FDA-approved HA fillers for lip plumping, Restylane Kysse, is quickly rising in popularity thanks to its highly compelling benefits.

## Why Should I Choose Restylane Kysse vs. Other Fillers?

While the most appropriate and effective lip filler may be different from person to person, many patients are drawn to the appealing aspects of Restylane Kysse. Five exceptional benefits of Restylane Kysse lip fillers include:

**1. Long-lasting results:** Compared to many other fillers, which typically last about 6 – 9 months in the lips, Restylane Kysse has been shown to last up to a year in most patients. For patients seeking long-lasting results and fewer trips to the office, Restylane Kysse may be an ideal choice.

**2. Natural look and feel:** Another noteworthy benefit of Restylane Kysse is that its specialized formula interacts more efficiently with the body's molecules, increasing its flexibility and malleability. This means patients can enjoy exceptionally natural-looking results, and the lips typically feel softer and more natural than is possible with other products.

**3. Less filler required:** In many cases, less formula is required to fill lips with Restylane Kysse than with other products, meaning each treatment is often more affordable than the alternatives.

**4. No downtime:** Most patients tolerate Restylane Kysse injections well with minimal side effects and virtually no downtime required. Patients will notice an almost immediate improvement in their lip shape with only mild discomfort and temporary swelling that should resolve quickly.

## Looking for Gorgeous, Long-Lasting Lip Injection? Restylane May Be Right for You!

In the ever-evolving world of cosmetic injectables, patients are always searching for more convenient, more natural, and longer-lasting treatment options. There is no doubt that Restylane Kysse offers these advantages – and more – when it comes to lip fillers. Discover more about Restylane Kysse injections by calling us at **(714) 882-5525** to schedule a consultation with one of our expert cosmetic injectors today!