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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

CONTACT

2720 N Harbor Blvd Ste. 205
Fullerton, CA 92835

(714) 882-5525

www.exceptionaldermatology.com



March Skincare: What You Need To Know

As the weather transitions into spring, it's time to think about how you can adjust your skin care routine. The winter season can be harsh on your skin—the cold air and low humidity take a toll on even the most resilient complexion. That's why it's important to give your skin a little extra TLC during this time of year. Here are some easy tips for keeping your skin looking healthy and radiant all season long.

Switch Up Your Products

As the seasons change, so do our skin care needs. During the winter months, it was important to use heavy creams and serums that kept our skin hydrated in the cold air; now that spring has arrived, those heavier products may be too much for our warmer weather needs. Start swapping out those heavier creams for lighter moisturizers so that your skin gets just enough hydration without feeling greasy or



into the habit of wearing sunscreen every day. With increased sun exposure comes an increased risk of sunburns, wrinkles, age spots, and other forms of UV damage. Make sure to wear a broad-spectrum sunscreen with SPF 30 or higher and reapply it every two hours while outdoors (or more often if you're engaging in water sports). And don't forget to protect your eyes with sunglasses! The sun's rays can be damaging even when they don't cause you to burn—so take precautions now before it's too late.

or weighed down. You may also want to switch out any mattifying products for oil-absorbing ones as well as add in some lightening agents like Vitamin C serums if you're looking for brighter complexions this season.

Start Exfoliating

Exfoliating is an essential part of any good skincare routine—but it becomes even more important as the temperature starts to warm up. Dead cells build up over the course of winter, leaving skin feeling dull and lackluster. Regular exfoliation helps remove these dead cells from the surface of your skin, giving it a brighter appearance and allowing other products to penetrate more deeply into the dermis layer. Just remember to start slowly so you don't overdo it!

Reinforce Sun Protection Habits

Now is the time to start getting back

Now that we've gone through all the steps of transitioning into spring skincare mode, it's time to put them into action! Be sure to start exfoliating; reinforce sun protection habits; and switch up your products according to weather conditions so that your skin stays healthy throughout this season (and beyond). If at any point during these changes you experience irritation or discomfort, reach out to a dermatologist for personalized advice on how best manage your skincare routine in order to make sure your skin is always looking its best!





The VI Peel Body - A Powerful Treatment for Glowing Skin

Are you looking for an effective way to get smooth, glowing skin? The VI Peel Body is a powerful and safe treatment option that can help you achieve your desired results. Let's discuss how this treatment works and why it may be the perfect solution for your skincare needs.

What Is the VI Peel Body?

The VI Peel Body is a powerful medical-grade chemical peel designed to provide

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deep exfoliation of the skin. This peel works by breaking down dead cells on the surface of the skin, allowing new, healthy cells to resurface. It also helps to reduce discoloration and imperfections on the skin, including age spots, blemishes, marks from acne, sun damage, and more.

The VI Peel Body is unique in that it contains a patented blend of ingredients specifically designed to promote cellular renewal and rejuvenation. These include TCA (trichloroacetic acid), retinoic acid, salicylic acid, phenol, lactic acid, vitamin C and other nourishing agents. This blend helps to reduce wrinkles and fine lines while promoting even tone and texture throughout the body.

How Does It Work?

During your appointment, your provider will apply a solution containing the active ingredients to your body. After it has been left on for a few minutes, it will be neutralized with water before being removed with wet cotton pads. The entire process typically takes about 15 minutes and there is no downtime associated with it—you can continue your normal activities right away!

Benefits of the VI Peel Body

The primary benefit of this peel is its ability to make your skin look brighter and smoother while improving its overall appearance. In addition to reducing discoloration and age spots caused by



sun damage or aging, this peel can also improve elasticity in the skin while providing lasting hydration without stripping away natural oils or drying out your complexion. Additionally, this peel can help reduce acne breakouts due to its antibacterial properties as well as reduce inflammation associated with chronic conditions such as eczema or psoriasis.

If you're looking for an effective way to get smooth, glowing skin on your body then you should consider getting a VI Peel Body treatment done at Exceptional Dermatology Care. With its powerful blend of ingredients designed for cellular renewal and rejuvenation, this treatment promises long-lasting results with minimal downtime - making it one of the most popular treatments available today! So if you're ready to take charge of your skincare regime then consider **booking an appointment with our certified dermatologist today by calling (714) 882-5525.**



What is Comedonal Acne?

Many people suffer from acne and it can be very frustrating managing breakouts which is why it's beneficial to determine what type of acne you have in order to treat it properly. There are various types of acne which include comedones, pimples, and cysts. Comedonal acne are clogged pores that are full of oil and cellular debris. They are most commonly known as blackheads and whiteheads. Depending on how long the pores have been exposed to the air and how deep they are will dictate if they become white or blackheads. There are various facial and hair products that can trigger comedonal acne. If you know that you have comedonal acne or are prone to it, you should read the label and ensure that it clearly states the product is noncomedogenic. These products are less likely to clog your pores and cause comedonal acne.

Black heads can be visibly seen on the skin as tiny black dots. Contrary to popular belief, the black dots aren't made up of dirt. They turn black because this is the color

the sebum becomes after being exposed to air a certain amount of time. Black heads can appear anywhere on your face and usually exist in clusters. White heads on the other hand haven't fully protruded all the way through the skin. They're raised white bumps that surface on the skin and resemble pimples. Additionally, you can have giant and macro comedones. Giant comedones is a type of cyst with a large lesion while macrocomedones are closed and are larger than 2 millimeters. Lastly, microcomedones are very small and are hardly visible where solar comedones are predominately in older adults and caused by the sun.

Comedonal acne is non-inflammatory meaning that the lesions don't have puss that can infect other parts of the skin. They are also not tender to touch and

don't cause any pain. Therefore, this type of acne is considered to be mild to moderate and can be managed by adjusting your skin care habits. For instance, you want to increase the amount of times that you're washing your face. Make sure to wash your face at least twice a day with a soap that is gentle on the skin. Stay away from using any skin-care products or cosmetics that have oil as an ingredient. Lastly, if none of these adjustments are making a difference try applying an over the counter medication. There are various medications that can be effective if they have some of the following ingredients: adapalene, azelaic acid, benzoyl peroxide, glycolic acid, and salicylic acid. If you still don't notice an improvement on your skin, you should consider seeing one of our providers to examine your skin.

