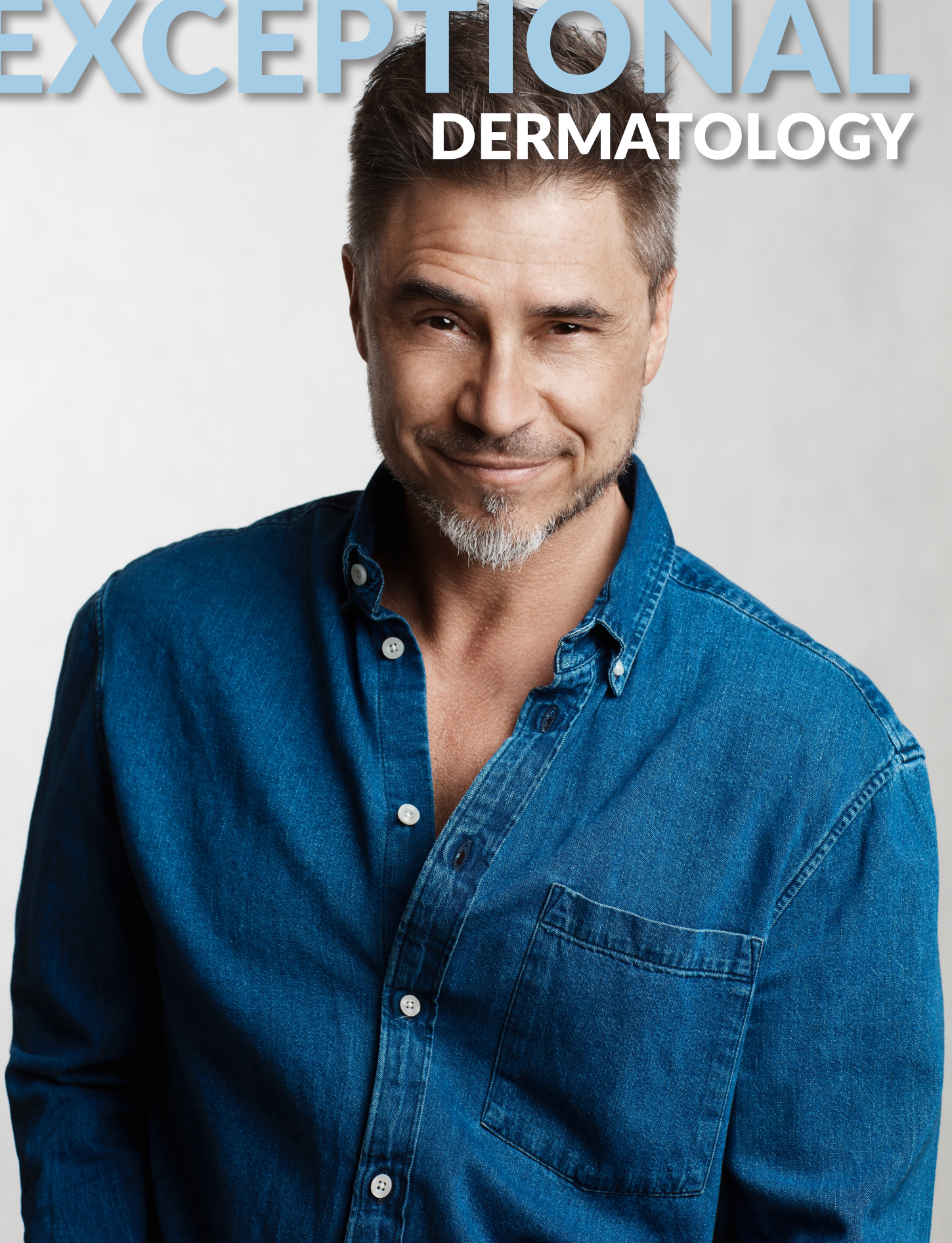


JUNE 2023

EXCEPTIONAL

DERMATOLOGY





EXCEPTIONAL

DERMATOLOGY CARE

TABLE OF CONTENTS

What You Need to Know About Sunspots on Your Face	Pg. 2
Dermatologist Recommended Men's Skin Care Routine	Pg. 4
Get Rid of Acne at the Speed of Light	Pg. 6

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



What You Need to Know about Sunspots on Your Face

As the saying goes, “aging is a privilege denied to many.” However, it’s also a privilege that doesn’t come without its own set of skin problems. One of the most common skin issues that people encounter as they age is the development of sunspots on the face. Sunspots, also called “age spots” are tiny, flat brown or black marks that typically develop on the face, hands, arms, and shoulders. Although these spots aren’t harmful, they can be unsightly and make you appear older than your age. In this blog post, we’ll talk about what causes sunspots, how you can prevent them, and how you can treat them.

What Causes Sunspots on the Face?

Sunspots are caused by years of sun exposure. They're usually harmless and develop in response to prolonged exposure to harmful UVA/UVB rays from the sun. The more time you spend in the sun, the more likely you are to develop sunspots. In addition to sun exposure, people with fair skin, red hair, and green eyes are more at risk of developing sunspots than others. Hormonal changes, such as pregnancy, can also cause sunspots to appear.

Tips for Preventing Sunspots on Your Face

Fortunately, there are several things you can do to prevent sunspots from developing on your face. The most important one is to wear a broad-spectrum sunscreen with an SPF of at least 30. You should also avoid direct sunlight during peak hours (between 10 am and 4 pm), wear protective clothing (wide-brimmed hats, long-sleeved shirts, etc.), and seek out shade as much as possible. Additionally, you can use products containing vitamin C to help brighten your skin and reduce the appearance of discoloration.

Treating Sunspots on Your Face

If you're already dealing with sunspots, don't panic. There are plenty of ways to get rid of them. The most effective treatments include chemical peels, laser therapy, and cryotherapy. These



procedures work by removing the damaged layer of skin, leaving a fresh, even complexion. Your dermatologist can recommend which treatment method is best for your particular needs based on your skin type and the severity of your sunspots.

Sunspots on the face can be frustrating, but they're a perfectly normal part of the aging process. The good news is that there are plenty of ways to prevent them from occurring and reduce their appearance if they do. Remember to wear sunscreen daily, avoid peak sunlight hours whenever you can, and seek professional advice from a licensed dermatologist. With the right precautionary measures and treatments, you can slow down the formation of sunspots and keep your skin looking fresh and radiant.



Dermatologist Recommended Men's Skin Care Routine

Taking care of your skin is important for both men and women. However, specific skin care routines are essential for men to maintain proper skin health, prevent breakouts, and minimize skin damage caused by harmful external factors. In this article, we'll share with you a dermatologist recommended men's skin care routine that will give you the confidence of having healthy and glowing skin.

Cleanse Daily

The most fundamental part of any skincare routine is washing your face to remove dirt, oil, and other impurities that can cause acne, pimples, and blackheads. A gentle,

non-abrasive cleanser is best for your skin type. Use lukewarm water to wash your face and then gently pat it dry with a soft towel. Cleansing twice a day - once in the morning and before bed will prevent the buildup of dirt and oil that can lead to blackheads and enlarged pores.

Moisturize Regularly

Keeping your skin moisturized is an essential part of any skincare routine, and it's even more important for men because they have naturally oilier skin. A good moisturizer will keep the skin hydrated, prevent dryness, and nourish it with the essential nutrients it needs. Use a moisturizer that is formulated for your skin type and apply it daily after cleansing or shaving.

Use Sunscreen

One of the leading causes of skin damage in men is prolonged exposure to the sun. To protect your skin from the harmful UVA and UVB rays of the sun, apply a broad-spectrum sunscreen with an SPF of at least 30 before heading outdoors. Apply sunscreen liberally to all exposed skin, including ears, neck, and face. Reapply the sunscreen every two hours if you are outdoors for an extended period.

Exfoliate Weekly

Removing the dead skin cells that form on the surface of your skin is essential

to prevent clogged pores, blackheads, and acne. Exfoliating your skin can help unclog pores, reduce the appearance of fine lines and wrinkles, and brighten up your skin. Use a gentle exfoliating scrub with naturally-derived ingredients once a week to refresh your skin.

Have a Healthy Diet

Healthy skin not only depends on proper skincare but also on a healthy diet. Consuming foods that are rich in antioxidants, vitamins, and minerals can go a long way in keeping your skin healthy and looking great. Drink plenty of water, reduce your sugar and carb intake, and eat a diet rich in fruits, vegetables, lean protein, and healthy fats.

Maintaining healthy and glowing skin is achievable with a proper skincare routine. Adopting a dermatologist-recommended men's skincare routine can help you achieve your desired skin goals while protecting it from harmful external factors. Remember to wash your face daily, moisturize regularly, use sunscreen, exfoliate weekly, and eat a healthy diet. With these tips, you can be sure of a healthier, glowing, and refreshing skin appearance. Consult with your dermatologist today to create the best-suited skincare routine for your skin type, which can help prevent potential skin problems in the long run. To schedule an appointment with one of our expert dermatologists, **call us at (714) 882-5525.**



Get Rid of Acne at the Speed of Light

At Exceptional Dermatology Care, our mission is to help our patients improve their skin health and wellness. To that end we are pleased to offer Forever Young BBL™ treatments for acne. This innovative anti-acne treatment can revitalize your skin and undo the damage caused by acne outbreaks.

Acne is a skin disorder that stems from a mixture of hormonal imbalances as well as external substances affecting the oil glands and hair follicles. For some, acne is just a mild frustration leading to the occasional pimple or two. For others, acne is constant and difficult to ignore, covering the entire face and increasing the chance for the appearance of more troubling cosmetic concerns.

When acne is left untreated, it can lead to visible scars. Over-the-counter creams and medications, changes to diet and changes to your facial skin care routine are some of the available options to wage the war on acne. Unfortunately, these

options are not effective for everyone.

A New Approach to Acne Treatment

At Exceptional Dermatology Care, we strive to provide our patients with the latest in skin care treatment. It is with great pride that we offer the Forever Young BBL™ treatment for acne. It has been approved by the FDA for its clinically-proven ability to remove acne.

The treatment involves using pulse infrared and visible light energy to prime the upper layers of your skin for the increased production of collagen. Collagen is a structural protein that the body uses for wound repair and these wounds can include acne marks.

How Effective Is BBL at Treating Acne?

With proper treatment, BBL therapy will lead to what cosmetic professionals refer to as collagen remodeling. It treats overactive oil glands, leading to the reduction of acne. The treatment can also improve the appearance of acne scars in a non-ablative way.

The device will stimulate the treated area, which in turn triggers the body's natural production of collagen. It can rejuvenate your skin, leaving it tighter, thicker, and most importantly, smoother and acne-free.

Are There Any Side Effects?

The Forever Young BBL treatment may



produce mild symptoms, which usually disappear in a few hours for most patients. These symptoms most typically include:

- A mild sunburn-like sensation on your face
- Temporary darkening of pigmented lesions
- Mild facial irritation

In many cases, acne is not something that you can control through diet and ointments alone. For this reason, we are pleased to offer an effective anti-acne treatment that goes deeper than either of those things. Our providers are eager to work with you in addressing your skin concerns. Schedule a consultation with us, and let us show you that having smooth and acne-free skin is possible. We invite you to visit our office in Fullerton, CA. **Contact us today at (714) 882-5525 and make an appointment.**