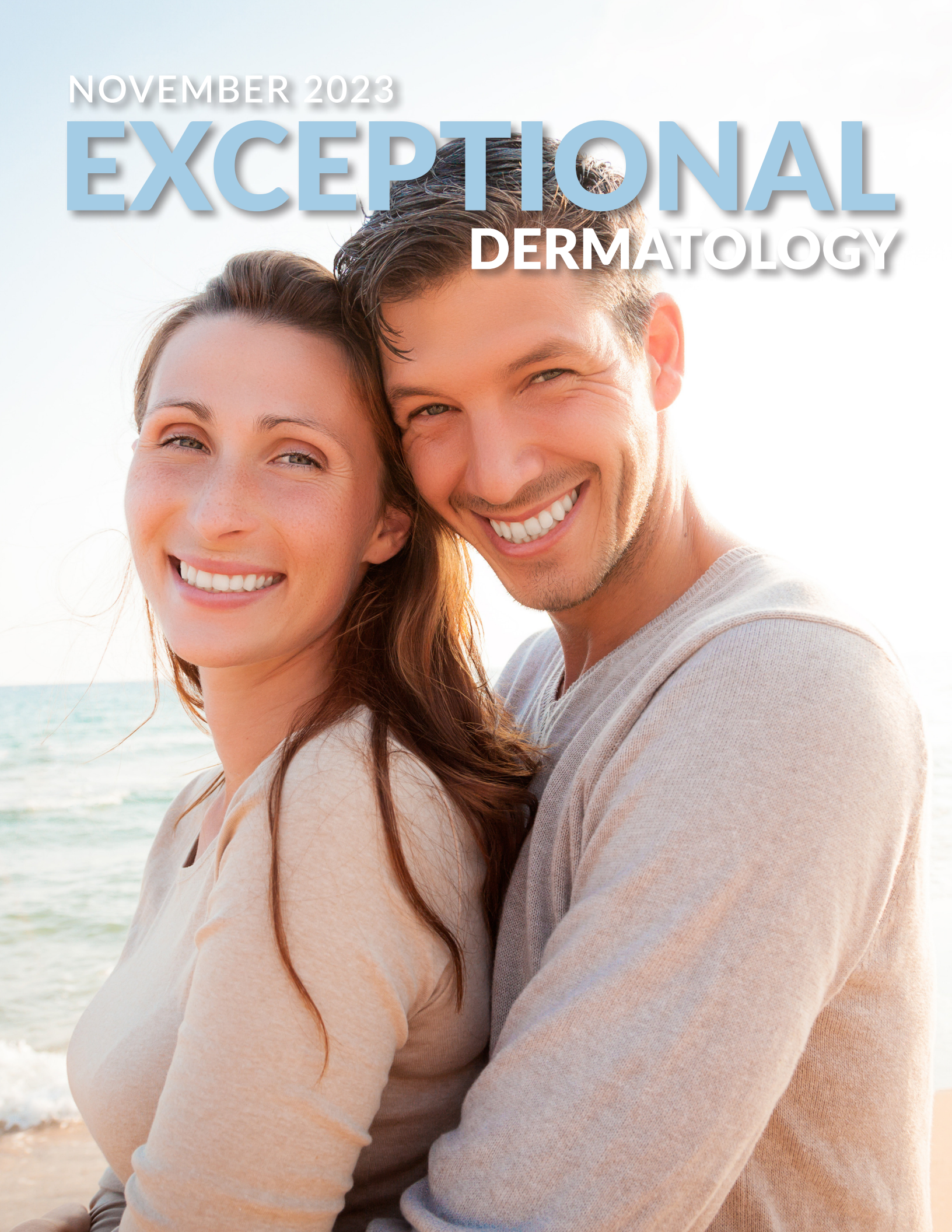


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We'd love to hear your feedback, so we can continue to improve our service to you.

For questions or comments, please send us an email to liz@exceptionaldermatology.com

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Fall Skincare Tips for Glowing Skin

As the temperatures begin to drop, it's essential to change up your skincare routine to keep your skin looking and feeling healthy. Cold weather, dry air, and indoor heating can take a toll on skin health, causing it to become dry, flaky, and even breakout. However, with some simple changes to your skincare regime, you can ensure healthy, glowing skin throughout the fall.

In this article, we'll be discussing the top five fall skincare tips to keep your skin healthy and glowing. Whether you're struggling with acne, dry skin, or even wrinkles, these tips will help keep your skin healthy and vibrant throughout the fall season and beyond.

MOISTURIZE, MOISTURIZE, MOISTURIZE

The chilly fall weather can quickly dry out your skin, causing it to become flaky and itchy. Therefore, it's essential to moisturize every day to prevent dryness and keep your skin supple. Look for a moisturizer that's rich in hydrating ingredients like glycerin, hyaluronic acid, and ceramides. Apply it twice a day, after cleansing your skin, and focusing on the areas that tend to get dry, such as your cheeks, forehead, and nose.

USE GENTLE CLEANSERS

Cleansing your skin is a crucial part of any skincare routine. However, using harsh cleansers in the fall can strip away your skin's natural oils, leaving it dry and irritated. Instead, use gentle, fragrance-free cleansers that don't contain harsh ingredients like sulfates or alcohol. Opt for a creamy or oil-based cleanser that hydrates your skin while removing dirt and impurities.

GET A HUMIDIFIER

Indoor heating in the fall can be incredibly drying on your skin, leaving it dehydrated and flaky. Therefore, it's very important to add moisture back into the air to keep your skin healthy. Get a humidifier for your bedroom and living room to ensure that the humidity level stays between 40% and 60%. This will help prevent your skin from becoming dry, itchy, and irritated.

PROTECT YOUR SKIN FROM THE SUN

Even though the days are shorter and cooler, it doesn't mean that you can skip the sunscreen. The sun's harmful UV rays can still damage your skin in the fall, leading to premature aging and even skin cancer. Therefore, make sure to apply a broad-spectrum sunscreen with an SPF of 30 or higher before stepping outside. You could opt for tinted moisturizers or BB creams with SPF for added protection..

EXFOLIATE REGULARLY

Exfoliation is the process of removing dead skin cells from the surface of your skin to make it appear brighter and smoother. In the fall, your skin can become dry and flaky, making it difficult to look radiant. Therefore, it's essential to exfoliate your skin once a week using a gentle exfoliant. This could range from scrubs, chemical exfoliants (AHAs and BHAs) to enzymes. Keep in mind that it's possible to over-exfoliate your skin, so be gentle with it.

Following these five fall skincare tips can help you achieve and maintain healthy and radiant skin throughout the season. Taking care of your skin is an investment worth making to look and feel your best. However, if you find that these tips are not enough for your skin needs, you can visit a dermatologist and get tailored skincare advice and recommendations. Happy Fall!



The Ultimate Guide on How to Take Care of Scars

Scars are a common occurrence, and they are often the result of burns, acne, surgery, or injuries. They are a natural part of the healing process and can be a physical reminder of an emotional or physical trauma. Scars can be unsightly, and for some patients, they can be a source of insecurity and embarrassment. Taking care of scars helps to reduce their appearance, improve their texture, and prevent further damage. Here, we will provide you with insight into how to take care of scars and help you to feel more confident about your skin.

KEEP THE AREA CLEAN

The first step in taking care of a scar is to keep the area clean. You can gently wash the area with mild soap and water, patting it dry with a clean towel. Keeping the

area clean prevents infection and reduces the risk of further damage. Avoid using harsh soaps or scrubbing the area vigorously to prevent skin irritation and scarring.

APPLY SUNSCREEN

Sun exposure can cause scars to darken, making them more noticeable. Applying sunscreen to the area prevents further damage, especially during the healing process. Choose a broad-spectrum sunscreen with an SPF of at least 30, and reapply it throughout the day. Wearing protective clothing like hats, long sleeves, and pants can also help to reduce sun exposure.

MOISTURIZE THE AREA

Scar tissue is typically dry and may become itchy or irritated. Applying a moisturizer to the area can keep the skin hydrated and reduce discomfort. Choose a product that is fragrance-free, hypoallergenic, and formulated for sensitive skin. Avoid applying too much moisturizer and causing the area to become slippery or greasy.

MASSAGING THE AREA

Massaging the area helps to break up scar tissue and improves blood flow to the area. Use gentle circular motions, starting at the center and working your way towards the edges of the scar. You can use petroleum jelly or a silicone-based gel for lubrication to make it



easier to massage. You should avoid massaging scars that are still healing or have stitches or sutures.

TREAT YOUR SCARS WITH SILICONE SHEETS OR GELS

Silicone sheets or gels can be used to treat scars, and they are available over the counter at drug stores or online. Silicone works by forming a protective layer over the scar, keeping it hydrated, and reducing its thickness. It also reduces the dark pigment associated with scars. Silicone sheets or gels are easy to use, just apply them over the affected area and change them every few days.

Taking care of scars is essential to reduce their appearance, improve their texture, and prevent further damage. With a little patience and consistency, you can take control of your skin's condition and feel confident once again. Remember, consult your dermatologist if the scar appears to be getting worse or you suspect a skin infection.

National Healthy Skin Month

You may not realize it, but your skin reveals a lot about your overall health. This month, we want to make you aware of what it takes to keep your skin healthy as well as understanding how to treat and prevent common skin problems.

Healthy skin should be a priority all year long, but your skin should receive extra tender love and care in November for National Healthy Skin Month! In honor of National Skin Month, we're going to share a few tips and tricks that will help your skin maintain its glowing and healthy appearance.

One of the most important things you can do to achieve healthy skin, is to educate yourself about your skin type and what that entails in regards to maintenance and care. Different skin types will react distinctly to the environment as it changes. For example, oily skin in warm weather reacts differently than dry skin in warm weather. There's also combination skin, which can have its own set of reactions. You should assess your skin type and consistently apply products that will nourish and replenish your skin.

Once you are familiar with your skin type, you will start to notice subtle differences

a problem with your overall health. For example, if you notice that you are itching and begin to develop a rash, then this could be a sign of an allergic reaction, an infection, or autoimmune disease. Additionally, if you notice that there's growth from a new mole, you should see our dermatologist as soon as possible because a mole could indicate skin cancer. Pay special attention to the changes that are occurring on your skin and don't hesitate to see a specialist if something doesn't feel right.

Since your skin is the largest organ on your body and exposed to the elements, it is essential that you keep it hydrated. Besides the many health benefits that come from drinking water, it also impacts your skin positively. Water keeps your skin moisturized and cleans out all the toxins in your system that could be potentially harmful to your skin.

Besides staying hydrated, one of the most vital things you can do for your skin



skin is to apply sunscreen daily. The sun emits extremely powerful UV rays; therefore, it is important to apply sunscreen despite weather conditions. Applying sunscreen should be part of your regular skin care routine even if that's the only product you apply on your face. Skin cancer is prevalent and occurs often, so make sure to be proactive in protecting your skin against the sun.

Lastly, if you really want to improve your skin's appearance and overall vibrancy, you need to manage your stress and get a full night's rest. Typically, these two go hand in hand since those who have trouble sleeping are often stressed and worried about something in their life. Getting a full night's rest will give your skin time to restore and replenish itself from the external elements it encountered throughout the day.