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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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BBL Broadband Light for Glowing, Youthful Skin

Are you looking for a treatment that can brighten your skin and help you achieve a more youthful glow? Look no further than BBL broadband light. This innovative treatment is a favorite among our patients for its ability to target a range of skin concerns, from sun damage to signs of aging. We'll explore how BBL works, its benefits, and what you can expect during and after treatment.

What is BBL Broadband Light Therapy?

BBL Broadband Light Therapy is a scientific-based cosmetic dermatology treatment that uses innovative pulsed light technology to trigger collagen production and help reduce age spots, sunspots, wrinkles, and hyperpigmentation. This treatment can



be conducted on almost any area of the body, including the face, neck, chest, hands, and arms.

How Does BBL Broadband Light Therapy Work?

BBL Broadband Light Therapy works by sending high-energy light waves to the deeper layers of the skin. This stimulates the production of collagen, which is the protein that your skin needs to remain elastic, wrinkle-free, and youthful. Additionally, the heat produced by the therapy targets melanin in the skin, which can reduce pigmentation problems like sunspots, age spots, and hyperpigmentation.

What to Expect During BBL Broadband Light Therapy

BBL Broadband Light therapy is a non-invasive procedure that lasts about 30-

40 minutes. The treatment begins with your provider applying gel to the treatment area to help absorb the light energy. Next, your provider will use the BBL device to pulse light energy to the skin, targeting any pigmentation and helping to contract the pores on the face. The treatment is painless, and patients can expect to feel a warming sensation during the therapy.

Recovery & Results

There is no recovery time associated with BBL Broadband Light therapy. You can return to your routine activities immediately after the procedure. However, your skin may feel slightly sunburnt, and you may experience some swelling or redness after the treatment. But this is temporary, and it will subside in a few hours.

In most cases, patients experience visible changes in their skin within the first 1-3 weeks of the procedure. And optimal results can be seen after several treatment sessions spaced out over a few months.

BBL broadband light therapy is a safe and non-invasive cosmetic dermatology treatment option for those seeking younger looking, glowing skin. If you're thinking about trying this incredible treatment, then schedule an appointment with one of our providers to discuss the possibilities further. Experience the transformative effects of BBL Broadband light for yourself and say goodbye to aging skin!



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 can-

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 under-pigmented (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), an inherited predisposition exists in some individuals that heightens their risk for the development of sunspots as a result of sun exposure.



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.



Show Your Skin Some Love this Valentine's Day with These Skincare Tips

Valentine's Day is the day of romance and love. Everything around us turns pink and red, and the supermarkets are brimming with chocolates and flowers. As we gear up to celebrate the holiday of love, let us not forget to shower some love on our skin as well. Our skin is the largest organ in our body and often gets neglected when we are focused on other things. But fear not, we have some amazing tips to show your skin some love this Valentine's Day!

Hydration is Key

Our skin is made up of cells, and cells need water to function correctly. Dehydrated skin can look dull and lifeless, so it's crucial to hydrate your skin from the inside out. Drink plenty of water, and you will notice a difference in your skin's texture and overall appearance. If you're struggling to drink enough water, try adding some fruit

slices to your water bottle for some added flavor.

Moisturize, Moisturize, Moisturize

Now that you're hydrating your skin from the inside out let's focus on moisturizing it from the outside. Cold winter months can be harsh on our skin, especially for those with dry skin. Use a moisturizer with hyaluronic acid or glycerin to lock in moisture. If you have oily skin, try a light lotion with non-comedogenic ingredients.

Exfoliate Away Dead Skin Cells

Dead skin cells can accumulate on the surface of our skin, creating a dull appearance. Exfoliating can help remove dead skin cells and leave your skin looking fresh and brighter. Use a gentle exfoliating scrub once a week, and you'll be amazed at how much brighter your skin looks.



Sun Protection is a Must

UV rays can penetrate through clouds, and even in winter, they can still damage our skin. Opt for a daily moisturizer with SPF 30 or higher to protect your skin from harmful rays.

Don't Forget the Eyes and Lips

The skin around our eyes and lips is thinner and more delicate than the rest of our face. Make sure to use eye and lip creams that hydrate and protect the skin in these areas. You'll thank yourself later when you don't have to worry about fine lines or dry lips.

As you gear up to celebrate Valentine's Day this year, remember to take care of your skin. Hydration, moisturization, exfoliation, sun protection, and using eye and lip creams are all essential for healthy, glowing skin. These simple skincare tips can help you show your skin some love this Valentine's Day and beyond. So go ahead, indulge in some chocolate and flowers, but don't forget to show your skin some love too!