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# EXCEPTIONAL DERMATOLOGY





# EXCEPTIONAL

DERMATOLOGY CARE

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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](mailto:liz@exceptionaldermatology.com)

## CONTACT

2720 N Harbor Blvd Ste. 205

Fullerton, CA 92835

(714) 882-5525

[www.exceptionaldermatology.com](http://www.exceptionaldermatology.com)



# Understanding the VI Peel: A Different Kind of Chemical Peel

Chemical peels have been a mainstay of skin rejuvenation and improvement for decades. They work by using chemical solutions to remove the outermost layers of the skin, revealing smoother, younger-looking skin underneath. While there are many types of chemical peels available, one particular type has gained quite some popularity in recent years – the VI Peel. In this article, we will discuss what makes the VI Peel different from other chemical peels and why you might want to consider this treatment for your skin concerns.

## What is the VI Peel?

The VI Peel is a type of chemical peel that is somewhat different from other peels on the market. Unlike most other peel options, which utilize only one type of acid,

the VI Peel is a combination peel. It uses multiple acids in combination to achieve a synergistic effect. These acids include tretinoin, salicylic acid, phenol, and vitamin C. Additionally, the peel contains a proprietary blend of other ingredients that work to penetrate the skin deeply, targeting issues like acne, fine lines, and uneven skin tone.

### **Why is the VI Peel different?**

While there are many types of peels available, the VI Peel is unique because it is a combination peel that is suitable for most skin types. Additionally, it is designed to be less irritating to the skin than other, more harsh peels, meaning that it usually does not require a sedative or pain medication for the patient to undergo the treatment. This makes it an ideal option for patients who want to avoid the downtime associated with more aggressive peels.



### **What are the benefits of the VI Peel?**

The VI Peel offers many benefits over other types of peels. For one, it is very effective in treating common skin concerns like acne, fine lines, and hyperpigmentation. It is also known for producing results after just one treatment session, which is much faster than most other peels. Additionally, patients can expect minimal downtime after the procedure, meaning they can return to normal activities quickly.

### **What should you expect during a VI Peel procedure?**

During a VI Peel procedure, you will arrive at our office and have your skin cleansed. The peel solution will then be applied to your face in a thin layer. You may feel a slight tingling or burning sensation as the peel is applied. After the solution is on your skin for a designated amount of time, it will be neutralized and removed. You should be able to return to normal activities immediately after the treatment.

The VI Peel is a unique and effective option for those who want to improve their skin. With its combination of acids and deeply penetrating ingredients, it can produce results after just one treatment session. If you have been considering a chemical peel to address your skin concerns, the VI Peel may be the right choice for you. Contact us today to learn more about this innovative and impactful treatment.



# What to Know About Melanoma on the Ear

Melanoma is a type of skin cancer that can arise on any part of the body. However, certain areas are more susceptible than others, and the ear is one such area that requires extra attention. Skin on the ear is thinner compared to other body parts and is exposed to more UV radiation, which increases the risk of melanoma. If melanoma develops on the ear, it can be challenging to treat, making prevention all the more important.

Here we will discuss everything you need to know about melanoma on the ear, from

## Early Signs

Melanoma often develops on the outer ear, especially the auricle. One of the earliest signs is an unusual mole, which can appear in different colors, shapes, and sizes. It may be asymmetrical, have irregular borders, change in color and size, itch, bleed or scab. If you notice any of these signs on your ear, get it checked by a dermatologist immediately.

## Prevention

Prevention is the key to reduce the risk of melanoma. Always apply a broad-spectrum sunscreen with SPF 30 or higher to your ears when you are out in the sun. Wear a wide-brimmed hat that covers your ears to protect them further. Avoid tanning beds, as they emit harmful UV radiation that can increase the risk of skin cancer. If you work outdoors frequently, or have a history of skin cancer, visit a dermatologist regularly to have your skin examined.

## Diagnosis

If you spot an unusual mole on your ear or have any other symptoms of melanoma, your dermatologist may perform a biopsy to confirm the diagnosis. During the biopsy, a sample of skin tissue will be removed and sent to a laboratory for testing. Imaging tests such as X-rays, CT scans, and MRIs may be used to determine if the melanoma has spread to other parts of the body.

## Treatment

Treatment for melanoma on the ear depends on the stage of cancer, the size, and the location of the tumor. In most cases, surgery is the primary treatment option, which involves removing the melanoma and surrounding healthy tissue. Depending on the extent of the surgery, a reconstruction procedure may be necessary to restore appearance and functionality. Other treatment options include radiation therapy, chemotherapy, and immunotherapy, but these are reserved for advanced cases of melanoma.

## Follow-up Care

After treatment, it is essential to follow up with your dermatologist to monitor for any signs of recurring cancer. Schedule regular check-ups and skin exams, and report any suspicious moles or lesions immediately. Maintain a healthy lifestyle and avoid excessive sun exposure to reduce the risk of skin cancer.

Melanoma on the ear is a serious condition that requires prompt attention. It is crucial to monitor your skin regularly and report any changes to a dermatologist. Practice sun-safe habits, such as wearing sunscreen and hats, to reduce the risk of developing skin cancer. If diagnosed with melanoma, your dermatologist will work with you to develop an individualized treatment plan to remove the melanoma and reduce the risk of recurrence.



# Skincare Resolutions to Make for 2024

It's that time of year again when we look back and decide which skin habits we're going to leave behind and which ones we're taking with us into the new year. If achieving healthy-looking skin is on your list of top priorities for 2024, you've come to the right place. We're laying out the skincare resolutions you should make for the new year.

## **Resolution #1: Apply Broad Spectrum SPF Everyday**

Sun damage is one of the top skin concerns we see daily. If you haven't been as diligent with your sunscreen applications, now's the time to adopt a better habit. Not only can wearing Broad Spectrum SPF 15 or higher help protect your skin against sunburn, it can also help prevent premature signs of aging—think: wrinkles, fine lines, and dark spots—and even lower your risk of developing skin cancer. Smooth

a water-resistant formula onto all areas of exposed skin daily, and reapply at least every two hours.

## **Resolution #2: Don't Neglect Your Neck**

You may have pin-pointed the best anti-aging products for stopping the clock when it comes to your face, but it's important you take care of the skin south of your chin, too. Since the neck is often neglected in a routine, it's one of the first areas of skin to show signs of aging.



## **Resolution #3: Schedule Checkups With Your Dermatologist**

Visiting a dermatologist when you need help addressing a skin concern is a good move, but that's not the only reason you should book an appointment. Frequent checkups and skin screenings are an important way to not only build a relationship with your provider, but also to help ensure your skin is healthy and free of any suspicious (or potentially cancerous) moles or lesions.

To schedule a skin check with one of our providers, call us at **(714) 882-5525**.

## **Resolution #4: Drink More Water**

Are you drinking the recommended amount of water per day? If the answer's no, now's your time to change that. Dehydration can not only take its toll on your body, but it can cause your skin to appear less plump and fresh.

## **Resolution #5: Eliminate Stressors**

Did you know that there's a link between stress and acne? If you feel like your stress levels are through the roof, discover new ways to unwind and relax. This could include drawing up a bath, reading your favorite book, or going for a nightly run. The more you do to relax your mind and eliminate the stressors in your life, the better you are setting yourself up for a happy and healthy new year.

