

MAY 2024

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continue to improve our service to you.

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Transform Your Skin With the MOXI Laser

In an era where the quest for smooth, radiant skin verges on the obsessive, advancements in dermatological technology offer a glimmer of hope. Cutting-edge laser treatments are leading the charge, promising significant improvement in skin texture, tone, and laxity—with less downtime than their predecessors. One such revolutionary laser, MOXI, is rapidly gaining popularity for its gentle yet effective way of transforming aging or damaged skin. At the intersection of medical innovation and aesthetic enhancement, the MOXI laser has opened doors for a wider demographic to achieve their skincare goals. In this comprehensive guide, we will unravel the technology behind the MOXI laser and explore the transformation it can bring to your skin.

What is the MOXI Laser?

Developed by Lutronic, a global leader in medical laser and energy-based technology,

the MOXI laser represents the next generation in non-ablative fractional laser treatments. Unlike traditional ablative lasers, which remove the outer layers of skin, MOXI delivers microscopic columns of laser energy deep into the dermis, stimulating the body's natural healing process without causing significant injury to the skin surface. The result is lighter, fresher-looking skin with minimal discomfort and downtime.

This patented technology, known as 'fraxelated photothermolysis,' creates tiny, controlled areas of thermal injury which the body immediately begins to repair. The reorganization of old collagen and the formation of new collagen and elastin lead to the plumping of fine lines, reduction in wrinkles, and improvement in overall skin quality. What sets MOXI apart from other fractional lasers is its ability to provide visible results with milder settings, making it an ideal option for those seeking a mild to moderate skin refresh.

The Scientific Process Behind MOXI

At the core of MOXI's efficacy is its wavelength. Operating at 1927nm, this non-ablative thulium laser is pinpointed at water peaks—chromophores present in both the epidermis and dermis. This precise targeting stimulates a significant thermal response in targeted areas while leaving surrounding tissue intact. The micro-wounds created by this controlled energy are tiny enough to allow for rapid healing, producing the "fractional" effect



and ensuring that downtime is minimal. The science doesn't stop there. A key feature of the MOXI system is the customizable energy settings that practitioners can adjust to tailor treatments to an individual's needs. This level of personalization means that MOXI can address a myriad of skin concerns across different skin types, from fine lines and sun damage to pigmentation issues and skin texture irregularities.

In clinical terms, 'thermal zones' are established, and the laser's energy is dispersed into columns that penetrate to different depths, creating an even pattern of micro-lesions. This sophisticated delivery of energy maximizes results while minimizing redness and peeling of the skin.

The MOXI process begins with a thorough cleanse of the treatment areas, followed by the application of a carbon lotion that absorbs the laser's energy, ensuring a more uniform treatment. The

device is then gently rolled across the skin, emitting short bursts of energy. Patients describe the sensation as warm and prickly, but never painful.

The MOXI Experience: What to Expect

Before undergoing a MOXI treatment, a consultation with a dermatologist or skincare professional is essential. This step allows the provider to assess whether MOXI is suitable for a patient's skin and to set expectations for the outcome.

The MOXI procedure itself is relatively quick, typically lasting 15-30 minutes, depending on the treatment area and energy settings. Afterward, the skin will appear slightly pink and feel warm, akin to a mild sunburn. This post-treatment sensation typically resolves within a few hours. Visible results begin to appear within days as the skin naturally sheds and regenerates, with optimal results showing after several sessions.



To maintain comfort and support healing, patients are advised to avoid direct sun exposure, apply a soothing moisturizer, and adhere to a gentle skincare routine. It is also crucial to use sun protection religiously to shield the skin from UV damage, which can reverse the benefits achieved from MOXI treatments.

The advantage of MOXI lies in its versatility. Whether a patient is seeking to improve a specific area, such as around the eyes or lips, or is looking for an all-over facial rejuvenation, MOXI can be adjusted to meet these goals.

The Advantages of MOXI

The MOXI laser presents several distinct advantages which have made it a preferred choice for many patients:

Gentle Yet Effective: MOXI's advanced technology means it can provide a relatively comfortable experience with minimal downtime, even at more aggressive settings. Patients can often return to their daily activities immediately following treatment.

Versatility: MOXI's customizable settings allow it to address a broad range of skin issues and patient concerns, making it a versatile option for treatment.

Visible Results: A series of MOXI treatments can unlock a youthful, radiant complexion, erasing years from your skin's appearance by promoting the body's natural rejuvenation processes.

Long-Lasting Effects: With proper maintenance and sun protection, the results of MOXI treatments can be long-lasting.

Is MOXI Right for You?

The decision to undergo any cosmetic procedure, no matter how non-invasive, is a personal one. If you are considering MOXI, it is important to visit a board-certified dermatologist or a qualified skincare professional to determine the best course of action for your skin.

MOXI is an excellent option for a broad demographic of patients, including those looking to address early signs of aging, improve skin texture, or even enhance the effectiveness of their existing skincare regimen. However, there are a few scenarios where caution might be warranted, such as in those with chronic skin disorders, a history of keloid scarring, or certain medical conditions.

Ultimately, the best candidates for MOXI treatments are individuals with realistic expectations, a commitment to sun protection and a consistent skincare routine, and an understanding that significant improvement usually requires a series of treatments.

The Future of Skin Transformation

The MOXI laser stands at the crossroads of technology and beauty, offering a glimpse into the future of skin-rejuvenating treatments. With its unique



blend of science, precision, and minimal invasiveness, it has bridged the gap between traditional laser resurfacing and gentler, more accessible cosmetic enhancements.

For those looking to turn back the clock on their skin's appearance without going under the knife, MOXI could be the answer. But as with any cosmetic procedure, the key to a successful outcome lies in informed decision-making and professional guidance.

By understanding the process, setting realistic expectations, and engaging in open communication with your skincare provider, you can pave the way for a transformed complexion that shines with health and vitality. Trust in the advances of modern dermatology to bring out the best in your skin, and take a proactive step toward the radiant, smooth skin you've always dreamed of.



Skin Cancer Awareness Month: Be Proactive, Reduce Your Risk

More than 9,500 people are diagnosed with skin cancer every day in the U.S. In fact, more people in the U.S. are diagnosed with skin cancer every year than all other cancers combined.

However, while skin cancer is the most commonly diagnosed cancer in the country, it is also a very preventable illness. As we observe Skin Cancer Awareness Month this May, let's take an in-depth look at the disease as well as the steps that individuals can take to help reduce their risk.

Not All Skin Cancers are Created Equal

While the term skin cancer is used to describe any disease in which cancer cells form in the skin, it is important to understand that there are several types of skin

cancer, each characterized by different risk factors, symptoms, and treatments.

Squamous cell carcinoma and basal cell carcinoma are the most common types of skin cancer. These cancers develop in the squamous and basal cells of the skin, respectively, and are collectively referred to as nonmelanoma skin cancer. The National Cancer Institute notes that risk factors for nonmelanoma skin cancer include:

- Exposure to natural or artificial sunlight, including tanning beds, over a long period of time
- Fair complexion
- Actinic keratosis (rough, scaly patches of skin that develop after exposure to sunlight)
- Past treatment with radiation
- Medicines or medical conditions that suppress the immune system
- Exposure to arsenic

Melanoma is the most aggressive form of skin cancer. Although it accounts for less than one percent of skin cancer cases, it can be deadly if not detected and treated early. The National Cancer Institute has identified the following risk factors for melanoma:

- Exposure to natural or artificial sunlight, including tanning bed, over a long period of time
- Fair complexion
- History of blistering sunburns as a child or teenager



- Having several large or many small moles
- Having a family history of unusual moles or melanoma

Know What to Look For and How to Reduce Your Risk

While having a fair complexion can increase a person's risk for developing both nonmelanoma skin cancer and melanoma, people of all races and ethnicities can get skin cancer. According to the National Cancer Institute, a change on the skin is the most common sign of skin cancer, including:

- A new growth on the skin
- A sore that does not heal
- A change in an old growth

To help detect skin cancer early, individuals should regularly examine the skin on all surfaces of the body for changes, including a new mole or growth, changes in old growths or scars, changes in color, sores that do not heal, or dark bands across the nails. If you notice any of these changes on your skin, be sure to schedule an appointment with one of our healthcare providers today.



Understanding SPF: Essential Sun Protection for Every Skin Type

Protecting your skin from the sun is not just a summer pastime or something reserved for the super-pale among us. Sun Protection Factor, commonly known as SPF, is a vital component of skincare for everyone, regardless of skin tone. The sun's UV rays don't discriminate, and their effects can be both immediate and long-term, ranging from painful sunburn to irreversible skin damage and an increased risk of skin cancer.

Daily Defense

SPF, as most of us know, guards against the sun's harmful UV rays. But understanding

how SPF works and why it's crucial is where the real value lies. UVA and UVB rays can reach your skin in just 15 minutes, meaning that even a quick walk or run warrants protection.

The Science Behind SPF

Simply put, SPF measures a sunscreen's ability to protect your skin from UVB rays, the type that causes sunburn and contributes to skin cancer. If your skin would normally burn after 10 minutes in the sun, applying a sunscreen with an SPF of 15, in theory, would allow you to stay in the sun without burning for approximately 150 minutes.

While that math may sound simple, the application is a bit more nuanced. To begin, most people don't use enough sunscreen, or they sweat it off, reducing its effectiveness. Secondly, the math used to determine 'time-to-burn' is based on ideal conditions, like a perfectly uniform layer of sunscreen on the skin, something rarely achieved in reality.



The SPF Myth Buster

There exists a common misconception that those with darker skin tones don't need SPF. This is untrue. While greater levels of melanin can provide some natural sun protection, they do not eliminate the risk of skin damage or cancer.

Tips for Proper SPF Usage

Here are some top tips for ensuring you're safeguarding your skin effectively:

Apply Generously and Consistently: Aim for a shot glass worth of sunscreen to cover your entire body, and don't forget commonly missed spots like your ears, tops of feet, and even lips. Reapply every two hours or more often if you're sweating.

Choose Broad-Spectrum: Look for a sunscreen that offers protection against both UVA and UVB rays. Broad-spectrum sunscreens help prevent not only sunburn but also the more subtle damage that leads to premature aging of the skin.

Make SPF a Habit, Not an Afterthought: Incorporate SPF into your daily skincare routine, whether you're heading to the beach or just going to work. Remember, skincare isn't just about looking good—it's about staying healthy for the long run. Protect your skin today to enjoy a healthier tomorrow.