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TABLE OF CONTENTS

Radiant Skin Awaits with V-Beam Laser Treatment	Pg. 2
The Timeless Appeal of Botox and How Long It Truly Lasts	Pg. 6
The Mystery of Skin Tags and Why They Develop	Pg. 9

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Radiant Skin Awaits with V-Beam Laser Treatment

In the world of dermatology and skincare, finding effective treatments for common skin conditions like rosacea, spider veins, and vascular birthmarks can be challenging. Enter the V-Beam Pulsed Dye Laser, a groundbreaking solution that promises to address these issues with precision and efficacy.

Understanding the V-Beam Laser

What is the V-Beam Pulsed Dye Laser?

The V-Beam Pulsed Dye Laser is a state-of-the-art laser treatment designed to target and treat vascular skin conditions. Utilizing a concentrated beam of light, the laser targets blood vessels within the skin. These targeted blood vessels absorb the



quick, with most sessions lasting only a few minutes.

Treating Vascular Birthmarks

What Are Vascular Birthmarks?

Vascular birthmarks are benign lesions caused by abnormal blood vessels in the skin. Common types include port wine stains and hemangiomas. These birthmarks are usually present at birth and can become more pronounced over time.

How V-Beam Laser Helps

The V-Beam Laser is highly effective in treating vascular birthmarks. By targeting the abnormal blood vessels directly, the laser can significantly reduce the appearance of these birthmarks. Multiple sessions may be required for optimal results, but many patients see a noticeable improvement after just one treatment.

Addressing Rosacea

What is Rosacea?

Rosacea is a common skin condition that causes redness, visible blood vessels, and sometimes pimples on the face. It can be triggered by various factors, including stress, spicy foods, and sun exposure. Rosacea is often chronic and can worsen over time if left untreated.

V-Beam Laser for Rosacea

The V-Beam Laser is an effective

light, causing them to coagulate and eventually be absorbed by the body. This results in a smoother, more even skin tone.

How Does the V-Beam Laser Work?

The V-Beam Laser operates by emitting a powerful burst of light that is absorbed selectively by the blood vessels in the targeted area. This process causes the blood vessels to collapse and eventually get reabsorbed by the body. The laser's precision ensures that surrounding tissues remain unharmed, making it an effective and safe treatment option.

Why Choose V-Beam Laser Treatment?

Many people opt for V-Beam Laser treatment due to its high success rate and minimal side effects. It is particularly popular for treating conditions that other methods may not effectively address, such as port wine stains and hemangiomas. The treatment is also relatively

treatment for rosacea. It works by targeting the blood vessels that cause the redness and visible symptoms. Patients typically notice a reduction in redness and fewer flare-ups after undergoing V-Beam treatments.

Eliminating Broken Blood Vessels and Spider Veins

What Causes Broken Blood Vessels and Spider Veins?

Broken blood vessels and spider veins are small, damaged veins that appear on the surface of the skin. They can be caused by factors such as genetics, sun exposure, and aging. These conditions are often more common on the face and legs.

How V-Beam Laser Works

The V-Beam Laser effectively targets and eliminates broken blood vessels and



spider veins by using its precision light beam. The laser's energy causes the damaged veins to collapse and be gradually reabsorbed by the body, resulting in clearer skin.

Comprehensive Treatment for Hemangiomas

What Are Hemangiomas?

Hemangiomas are benign lumps made up of blood vessels that can appear anywhere on the body. They are most common in infants and can grow rapidly during the first year of life before gradually shrinking.

V-Beam Laser for Hemangiomas

The V-Beam Laser is considered a gold standard for treating hemangiomas, especially in infants. The laser's precision allows for targeted treatment, reducing the size and appearance of the hemangioma without damaging surrounding skin.

The Science Behind the V-Beam Laser

How Does It Target Blood Vessels?

The V-Beam Laser uses a specific wavelength of light that is absorbed by the blood vessels in the skin. This absorption causes the blood vessels to heat up and coagulate, leading to their eventual reabsorption by the body. This process is

known as photothermolysis and is highly effective in treating vascular conditions.

Safety and Efficacy

The V-Beam Laser is known for its safety and efficacy. It is FDA-approved and has been extensively studied and tested. The laser's precision ensures minimal damage to surrounding tissues, making it a preferred choice for both patients and dermatologists.

Minimal Side Effects

One of the significant advantages of the V-Beam Laser is its minimal side effects. Most patients experience only mild redness and swelling, which typically subsides within a few hours to a couple of days. This makes it a convenient option for those with busy lifestyles.

Preparing for Your V-Beam Treatment

Consultation and Assessment

Before undergoing V-Beam Laser treatment, it is essential to have a consultation with a qualified dermatologist. During this assessment, the dermatologist will evaluate your skin condition, discuss your medical history, and determine the most appropriate treatment plan for you.

What to Expect During the Procedure

The V-Beam Laser treatment is relatively quick and straightforward. Most

sessions last between 15 to 30 minutes, depending on the size and number of areas being treated. Patients may feel a slight snapping sensation during the procedure, but it is generally well-tolerated.

Post-Treatment Care

Following your V-Beam Laser treatment, it is crucial to follow your dermatologist's post-care instructions. This may include avoiding direct sun exposure, using gentle skincare products, and applying sunscreen regularly to protect the treated areas.

The V-Beam Pulsed Dye Laser offers a revolutionary solution for treating vascular conditions such as rosacea, spider veins, and vascular birthmarks. If you're looking to improve the appearance of your skin and boost your confidence, consider exploring the benefits of V-Beam Laser treatment. To learn more and schedule a consultation, reach out to Greenbrae Dermatology today. Your path to radiant skin awaits!





The Timeless Appeal of Botox and How Long It Truly Lasts

Botox has become a household name, synonymous with youthful, wrinkle-free skin. But how long does Botox truly last, and what should you expect from this popular cosmetic procedure? In this comprehensive guide, we'll uncover the secrets behind Botox's longevity, explore factors that influence its effectiveness, and provide tips for maximizing its benefits. Whether you're considering Botox for the first time or you're a seasoned user, this article is designed to give you all the information you need to make informed decisions about your skincare routine.

The Basics of Botox

Botox, or botulinum toxin, is a neurotoxin that temporarily paralyzes muscles. By inhibiting the nerve signals to specific facial muscles, Botox smooths out wrinkles and fine lines, creating a more youthful appearance. This FDA-approved treatment has been used for both medical and cosmetic purposes, offering quick results with

minimal downtime.

How Botox Works

When injected into targeted muscles, Botox blocks the release of acetylcholine, a neurotransmitter responsible for muscle contractions. This temporary paralysis allows the skin to relax and smooth out, reducing the appearance of dynamic wrinkles caused by facial expressions like frowning, squinting, or smiling.

Common Areas for Botox Treatment

Botox is most commonly used to treat crow's feet around the eyes, forehead lines, and frown lines between the eyebrows (known as glabellar lines). However, it can also be used for other areas such as the neck, jawline, and even for medical conditions like chronic



migraines and excessive sweating (hyperhidrosis).

Safety and Efficacy

Botox has a long track record of safety and efficacy when administered by a qualified professional. It is important to consult with a certified and experienced provider to ensure the best results and minimize the risk of side effects.

Understanding Botox Longevity

One of the most frequently asked questions about Botox is how long its effects last. While results can vary from person to person, there are general timelines and factors that can influence the duration of Botox's effectiveness.

Typical Duration of Botox Results

On average, the effects of Botox last between three to four months. Most patients start to notice the effects within a few days, with peak results visible around two weeks post-injection. Gradually, muscle activity will return, and wrinkles may reappear, signaling the need for a follow-up treatment.

Factors Influencing Longevity

Several factors can influence how long Botox lasts, including the individual's age, skin type, muscle strength, and lifestyle choices. Younger individuals with stronger muscles may experience shorter durations, while older patients with

less muscle activity might enjoy longer-lasting results.

Personal Metabolism and Lifestyle

Metabolic rate plays a significant role in Botox longevity. Individuals with faster metabolisms may break down the neurotoxin more quickly. Additionally, lifestyle habits such as smoking, sun exposure, and stress levels can impact how long Botox remains effective.

Maximizing the Benefits of Botox

To get the most out of your Botox treatments, consider these strategies for extending its longevity and enhancing its overall effectiveness.

Follow Post-Treatment Guidelines

Following your provider's post-treatment instructions is crucial for achieving the best results. Avoiding strenuous exercise, not touching the treated area, and staying upright for several hours after the injection can help prevent the Botox from spreading to unintended areas.

Schedule Regular Touch-Ups

Consistency is key when it comes to Botox. Scheduling regular touch-up appointments can help maintain the desired results and prevent wrinkles from fully returning. Most providers recommend follow-up treatments every three to four months.

Complementary Skincare Routine

Incorporate a consistent skincare routine to complement your Botox treatments. Using products with ingredients like hyaluronic acid, retinoids, and antioxidants can help maintain skin elasticity and hydration, enhancing the overall results.

Botox offers a powerful solution for achieving a youthful, wrinkle-free appearance. By understanding how long Botox lasts and the factors that influence its effectiveness, you can make informed decisions about your skincare routine. Remember to follow post-treatment guidelines, schedule regular touch-ups, and maintain a complementary skincare routine to maximize the benefits of Botox.

For more information or to book a consultation with our expert providers, visit our website or give us a call. Your journey to timeless beauty begins with informed choices and the right care.





The Mystery of Skin Tags and Why They Develop

Ever wondered why those tiny, soft growths called skin tags appear on your skin? Skin tags might seem like a mystery, but they're actually quite common. From being overweight to pregnancy, various factors contribute to their development. This article aims to unravel the reasons behind skin tags and offers insights to help you understand this common skin issue better. By the end of this read, you'll be well-equipped with knowledge about why skin tags develop and how you can manage them.

What Are Skin Tags?

Skin tags, also known as acrochordons, are small, benign growths that appear on the skin's surface. These tiny, flesh-colored bumps are usually harmless and painless. They often form in areas where the skin folds or creases, such as the neck, armpits, groin, and eyelids. Although skin tags are not dangerous, they can be irritating,

especially if they're constantly rubbed by clothing or jewelry.

The Science Behind Skin Tags

Understanding the science behind skin tags can demystify their presence on your body. Skin tags are made up of collagen fibers, blood vessels, and a bit of extra skin. They typically form when clusters of these elements become trapped inside thicker pieces of skin. This is why skin tags are commonly found in areas with frequent friction.

Role of Friction in Skin Tag Development

Friction plays a significant role in the formation of skin tags. When skin rubs against skin or clothing, it creates a repetitive frictional force. Over time, this friction can cause small skin protrusions to form. People who frequently wear tight clothing or accessories that cause chronic rubbing are more prone to developing skin tags.



Influence of Weight on Skin Tags

Being overweight or obese increases the likelihood of developing skin tags. Extra body weight often results in more skin folds and creases, which means more friction. This constant rubbing creates the perfect environment for skin tags to form. Maintaining a healthy weight can reduce the risk, but it's not a guaranteed prevention method.

Pregnancy and Hormonal Changes

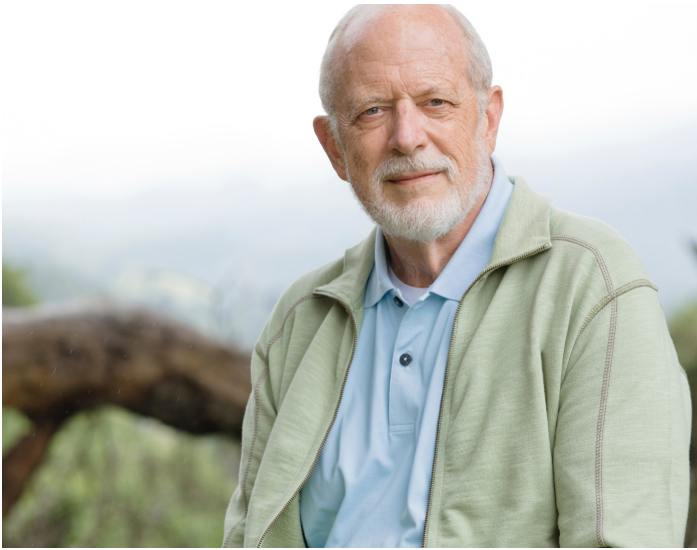
Pregnancy brings about numerous hormonal changes in a woman's body. These hormonal shifts can lead to an increase in skin tag development. Pregnant women often experience skin tags in areas with increased friction, such as under the breasts, on the neck, and in the groin region. The good news is that many skin tags formed during pregnancy often disappear after childbirth.

Aging and Skin Tags

Aging is another factor that contributes to the development of skin tags. As we age, our skin loses its elasticity and becomes more prone to friction and damage. This makes older adults more susceptible to developing skin tags, particularly in areas where the skin naturally folds.

Genetic Predisposition

Genetics can also play a role in the likelihood of developing skin tags. If your



skin dry can also help prevent the formation of skin tags.

When to See a Doctor

While skin tags are generally harmless, it's essential to consult a healthcare provider if you notice any changes in their appearance, such as rapid growth, bleeding, or pain. These changes could indicate a more serious underlying condition that requires medical attention.

parents or siblings have skin tags, there's a higher chance that you might develop them too. While you can't change your genetic makeup, being aware of this predisposition can help you take preventive measures.

Diabetes and Insulin Resistance

People with diabetes or insulin resistance are more prone to developing skin tags. The exact reason for this correlation isn't entirely understood, but it is believed that high levels of insulin in the body might contribute to skin tag formation. Keeping blood sugar levels in check can potentially reduce the risk.

Can Skin Tags Be Prevented?

Preventing skin tags entirely is challenging, but there are steps you can take to reduce your risk. Maintaining a healthy weight, managing medical conditions like diabetes, and minimizing skin friction are all effective strategies. Wearing loose-fitting clothing and keeping the

Skin tags, though benign, can be a nuisance. Understanding why they develop can help you take steps to manage and prevent them. Factors like friction, weight, pregnancy, aging, genetics, and certain medical conditions all play a role in skin tag formation. By making small lifestyle changes and seeking medical advice when necessary, you can keep skin tags under control. For more personalized advice, consider consulting with a dermatologist or healthcare provider.

