

OCTOBER 2024

EXCEPTIONAL

DERMATOLOGY





EXCEPTIONAL

DERMATOLOGY CARE

TABLE OF CONTENTS

5 Things to Know About the MOXI Laser Facial	Pg. 2
Understanding Rosacea and Its Often Overlooked Symptom	Pg. 4
Optimize Your Botox Results with Expert Aftercare Tips	Pg. 7

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

CONTACT

2720 N Harbor Blvd Ste. 205

Fullerton, CA 92835

(714) 882-5525

www.exceptionaldermatology.com



5 Things to Know About the MOXI Laser Treatment

The MOXI Laser is Sciton's newest non-ablative laser, created to offer a gentle, skin rejuvenation experience without wounding the skin. Unlike traditional lasers that can require up to 3 weeks of downtime, our patients are loving the way the MOXI uses gentle microscopic laser energy to help refresh the skin's surface. They can relax knowing that their treatment is helping to promote new cell growth, improve skin tone and texture, and reduce unwanted pigment all without major downtime. Here, we share five things you need to know about how the MOXI laser works, who it's meant for and how it compares to other laser treatments like HALO.

1. MOXI is the laser for everyone!

Unlike many ablative lasers that are only used for certain skin types and tones, the

the MOXI laser works for all patients. Certain more aggressive or ablative lasers, such as the HALO, only work on lighter skin tones. Designed to treat all skin types and tones, MOXI truly works for everyone. Clients looking to maintain a youthful appearance are finding success with MOXI. If you have more advanced signs of aging, talk to our provider about the right combination of treatments.

2. Results right away.

Even though the MOXI laser is gentle, you'll notice subtle skin improvements right away. Most people see more dramatic results after a series of sessions spaced a few weeks apart. MOXI is made to correct initial signs of aging and sun damage by improving the general tone and texture of skin. Improvements can be noticed after a single treatment and continue to get better with multiple sessions.

3. MOXI is the perfect introduction laser.

If you've ever wondered about getting laser treatments but worry about irritation or discomfort, then MOXI is for you. As a non-ablative laser, there is no wounding to the skin. It's perfect for those looking to head off early signs of aging or prevent them from becoming more noticeable. Younger patients can take advantage of preventing further age-related skin damage and enjoy smooth, firm skin well into their later

years.

4. Quick and easy treatment.

The MOXI laser is loved by patients for its quick and easy treatment in under an hour, which includes numbing to help alleviate any discomfort during treatment. If you need a quick and easy pick-me-up, the MOXI laser is a great way to squeeze in a little self-care into your busy day.

5. Little to no downtime.

MOXI is a gentle laser with little to no downtime. Because the fractional resurfacing is non-invasive, your healing time is significantly reduced. Unlike other lasers, you can get the MOXI laser year-round, too! You'll likely be slightly pink or red up to 3 to 4 days after your treatment and can apply make-up within 24 hours. Many patients like to schedule a treatment right before an event, knowing their skin will be fresh and radiant in a short period of time.

The MOXI laser treatment at Exceptional Dermatology Care is a great way to treat minor skin concerns or prevent skin damage and signs of aging before they occur. And if you're on a more advanced skin care plan, the MOXI treatment works well for in-between maintenance. Are you ready for a quick and easy treatment with our skincare experts? Reach out to us today to schedule a consultation. We can't wait to see you!



Understanding Rosacea and Its Often Overlooked Symptom

Rosacea is more than just a cosmetic issue. For those dealing with it, the condition can be uncomfortable and sometimes even painful. You've probably heard about the characteristic facial flushing, but did you know that rosacea can also result in itching? This article aims to shed light on this lesser-known symptom and offer valuable insights for managing rosacea more effectively.

What is Rosacea?

Rosacea is a chronic skin condition that primarily affects the face. It is often mistaken for acne or other skin issues due to its similar symptoms. Rosacea typically manifests as persistent redness, visible blood vessels, and sometimes small, red, pus-filled bumps. According to the National Rosacea Society, over 16 million Americans suffer from this condition, making it a common yet under-discussed issue.

The Main Symptom: Facial Flushing

Facial flushing is the hallmark symptom of rosacea. This involves sudden redness that comes and goes, often triggered by various factors such as spicy foods, alcohol, temperature changes, and emotional stress. The redness usually appears on the cheeks, nose, chin, and forehead, giving the skin a sunburned appearance.

Secondary Symptoms of Rosacea

While facial flushing is the most recognizable symptom, rosacea can cause a range of secondary symptoms. These include:

- Dry skin
- Rough and scaly patches
- Swelling
- Burning or stinging sensations

These symptoms can often exacerbate each other, making the condition harder to manage.



Does Rosacea Itch?

The question, “Does rosacea itch?” is more common than you might think. The itching is not a primary symptom but rather a secondary consequence of the other symptoms. When the skin becomes dry, rough, or scaly, it may naturally lead to itching. This can create a vicious cycle where scratching exacerbates the symptoms, making the rosacea worse.

Why Rosacea Causes Itching

The itching in rosacea is often due to the dryness and inflammation that accompany the condition. Dry skin lacks the moisture needed to maintain its protective barrier, leaving it more susceptible to irritants. Inflammation can also cause nerve endings on the skin to become hypersensitive, leading to itching.

Common Triggers for Rosacea Flare-Ups

Understanding what triggers your rosacea can help manage its symptoms, including itching. Common triggers include:

Diet: Spicy foods, caffeine, and alcohol are known triggers.

Weather: Extreme temperatures and humidity can worsen symptoms.

Stress: Emotional stress can lead to flare-ups.

Skincare Products: Certain ingredients in skincare products can irritate sensitive skin.

How to Manage Itching

Managing rosacea-related itching involves a combination of lifestyle changes and medical treatments. Here are some strategies:

Moisturize Regularly: Use a gentle, non-comedogenic moisturizer to keep the skin hydrated.

Avoid Irritants: Stay away from skincare products that contain alcohol, fragrances, or other harsh chemicals.

Use Anti-Inflammatory Treatments: Topical treatments like metronidazole or azelaic acid can help reduce inflammation.

Stay Cool: Use cooling gels or compresses to soothe irritated skin.

Medical Treatments for Rosacea

If you have tried over-the-counter treatments and are not seeing any results, contact us to schedule a consultation with our healthcare provider for treatment options:

Topical Antibiotics: These can help reduce inflammation and bacterial growth.

Oral Medications: Antibiotics like

doxycycline can be effective for severe cases.

Vbeam Laser Treatment: The Vbeam laser is a pulsed dye laser that uses intense yellow light to treat skin conditions such as rosacea, spider veins, and age spots.

The Vbeam laser system produces an intense burst of light that selectively destroys the blood vessels of vascular lesions without damaging the surrounding skin and tissue. The laser is tuned to a frequency that your blood vessels can absorb but your skin cannot.

When your vessels are heated, they coagulate and are slowly absorbed by your body through its natural healing process.

Living with Rosacea

Living with rosacea can be challenging, but it's manageable with the right approach. Educating yourself about the condition, avoiding triggers, and following a consistent skincare routine can make a significant difference.

Rosacea is a complex condition that goes beyond facial flushing. The itching associated with it can be particularly bothersome, but understanding its causes and management strategies can make a world of difference. By taking seeking professional help when needed, you can effectively manage your rosacea and improve your quality of life.



Optimize Your Botox Results with Expert Aftercare Tips

Botox is a popular injectable treatment used both for medical and aesthetic purposes. This powerful drug can reduce the appearance of wrinkles, alleviate chronic migraines, and even treat hyperhidrosis (excessive sweating). The key to maximizing its benefits lies not just in the injection itself, but in the aftercare that follows.

Why Botox Aftercare Matters

Proper aftercare is crucial to ensure that you get the best results from your Botox treatment. It helps minimize the risk of bruising and prevents the toxin from spreading to surrounding muscles, which can cause unwanted side effects.

Immediate Steps Post-Injection

Right after your Botox injections, it's essential to follow specific guidelines to ensure

optimal results. First, avoid touching or rubbing the treated area to prevent the Botox from migrating. Also, try to stay upright for at least four hours post-treatment to maintain the correct distribution of the toxin.

Avoiding Strenuous Activities

One of the most critical steps in Botox aftercare is to avoid strenuous activities for at least 24 hours. Exercise and heavy lifting can increase blood flow to the face, leading to bruising and the displacement of Botox.

Keeping Hydrated

Hydration plays a significant role in your recovery process. Drinking plenty of water helps flush out toxins from your body and keeps your skin supple.

Skiping Alcohol and Blood Thinners

Alcohol and blood thinners like aspirin can elevate the risk of bruising and should be avoided for at least 24 hours before and after your treatment. Consider consulting your healthcare provider for alternative pain relief options during this period.

Applying Ice

If you experience swelling or discomfort post-injection, applying an ice pack can provide relief. Be sure to wrap the ice pack in a cloth to avoid direct contact with your skin, which can cause



frostbite.

Understanding Common Side Effects

Common side effects of Botox include minor swelling, bruising, and redness at the injection site. These typically subside within a few days. However, being aware of these possibilities helps manage your expectations and reduces anxiety.

Recognizing Signs of Complications

While rare, complications can occur. If you experience difficulty swallowing, muscle weakness, or severe pain, seek medical attention immediately. Early intervention can prevent more severe issues.

When to Resume Skincare Routine

You can usually resume your regular

skincare routine within 24-48 hours post-treatment. However, avoid using abrasive products or treatments like chemical peels and microdermabrasion until your skin has fully healed.

Makeup Application Tips

If you wish to apply makeup after your Botox treatment, wait at least 24 hours to minimize the risk of irritation and infection. Use clean brushes and tools to prevent bacteria from entering the injection sites.

Importance of Follow-Up Appointments

Scheduling a follow-up appointment with your healthcare provider ensures that your Botox treatment is progressing as expected. This is also an excellent opportunity to address any concerns or questions you may have.

Managing Stress Levels

Stress can negatively impact your recovery process by causing muscle tension and affecting your overall well-being. Engage in calming activities like yoga or meditation to promote relaxation and expedite healing.

Sleeping Position Considerations

For the first few nights after your Botox treatment, try to sleep on your back. This helps prevent the pressure on the treated areas, ensuring that the Botox

stays where it was injected.

Consulting Your Skincare Provider

Always consult your skincare provider before making any significant changes to your routine post-Botox. Their expertise will guide you through personalized aftercare tailored to your specific needs and concerns.

Your Botox treatment doesn't end once you leave the office. Following these aftercare tips will help you achieve the best possible results, minimize side effects, and maintain your youthful appearance longer. If you have any questions or need personalized advice, don't hesitate to reach out to your skincare provider. For those still considering Botox, understanding the importance of aftercare can help make your decision easier and more informed. Happy healing!

