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We'd love to hear your feedback, so we can continue to improve our service to you.

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The Impressive Benefits of PRP Hair Loss Restoration

Hair loss can be an emotional and confidence-shaking experience for both men and women. If you're dealing with thinning hair or bald patches, you might have already scoured the internet for solutions like hair transplants, topical treatments, or medications. But one treatment that's been gaining considerable attention for its natural approach and effectiveness is PRP Hair Loss Restoration.

PRP (Platelet-Rich Plasma) therapy taps into the power of your own body to promote hair growth—without invasive procedures. Wondering how it works and if it's the right choice for you? We cover everything you need to know, from the science behind PRP to its key benefits, so you can make an informed decision.

What Is PRP Hair Loss Restoration?

PRP hair loss restoration is a minimally invasive treatment that uses platelets, one

of the key components of your blood, to treat hair thinning and receding hairlines. Platelets are known for their healing properties and their ability to promote cell regeneration. Here's how the process works step by step:

1. Blood Draw: A small amount of blood is drawn from your arm.

2. Centrifuge Separation: The blood sample is then placed into a centrifuge, which spins rapidly to separate the platelet-rich plasma from the rest of the blood.

3. Scalp Injection: The extracted PRP is carefully injected into areas of the scalp facing hair thinning or loss.

The growth factors in PRP help improve blood flow, nourish hair follicles, and kickstart the natural hair regeneration process.

But what sets PRP apart from other hair restoration treatments? Let's break down the benefits.

Benefits of PRP Hair Loss Restoration

PRP offers a unique combination of natural healing, precision, and noticeable results. Here's why more individuals are choosing this method to address hair loss:

1. Stimulates Natural Hair Growth: Unlike medications that rely on synthetic chemicals or hair transplants requiring

surgical intervention, PRP stands out for its natural approach. By leveraging your body's own platelets, PRP enhances the health of dormant hair follicles, encouraging them to grow thicker and stronger hair strands.

2. Minimally Invasive and Low Risk: PRP is a minimally invasive procedure that doesn't involve scalpels or implants. Because the treatment uses your own blood, the risk of allergic reactions or infections is incredibly low compared to traditional hair restoration surgeries or topical treatments that may cause irritation. PRP has been dubbed a "low-risk, high-reward" treatment option for this reason.

3. Improved Hair Density and Thickness: Patients often notice their hair becoming denser and more luscious after a series of treatment sessions. This is because PRP not only stimulates the follicles for new hair growth but also strengthens existing strands, preventing further thinning.





Who Can Benefit From PRP Therapy?

PRP is typically recommended for individuals dealing with early to moderate hair loss. Here's who it works best for:

Men and Women With Thinning Hair: PRP can help improve hair density and prevent further thinning.

Postpartum Hair Loss: Women experiencing temporary hair loss after pregnancy may benefit greatly from PRP.

Alopecia Areata Patients: PRP can complement other treatments to encourage hair regrowth in individuals with this condition.

Early Balding Stages: PRP works best for those whose hair follicles are still active but need a boost to produce hair.

While PRP is highly effective, it's worth noting that it may not be suitable for individuals with severe or long-term hair loss, as dormant or dead hair follicles cannot be revived. Consulting a healthcare provider at Exceptional Dermatology will help determine your eligibility and set expectations.

The Results You Can Expect

PRP therapy doesn't deliver overnight results—it's a commitment that pays off over time. Here's what the typical timeline looks like:

After 2-3 Sessions (First Few Months):

4. A Personalized Treatment Option:

PRP is tailored to the individual. The procedure deliberately targets areas of concern, such as a receding hairline or crown thinning, providing a highly customized solution. This precision ensures that your results align with your unique hair restoration goals.

5. Fast Procedure, Minimal Downtime:

Each PRP session typically takes under an hour, with little to no downtime required afterward. Most patients can resume normal activities the same day, making this an ideal solution for busy individuals who want effective hair restoration without a significant recovery period.

6. Enhanced Scalp Health: A healthy scalp is the foundation for healthy hair. PRP improves blood circulation and supplies essential nutrients to the scalp, creating an optimal environment for hair growth. Many patients also report better scalp hydration and reduced irritation as a bonus benefit.

Patients often notice less hair shedding and improved scalp health.

After 4-6 Sessions (6-12 Months): New hairs begin to grow in formerly thinning areas, with noticeable increases in volume and thickness.

Long-Term Maintenance (Ongoing): Results are maintained with occasional follow-up treatments, typically scheduled every 4-6 months.

Compared to expensive surgeries or over-the-counter products with mixed results, the consistent effectiveness of PRP makes it a worthwhile investment.

PRP vs. Other Hair Restoration Treatments

How does PRP compare to some of the more well-known alternatives?

Hair Transplants: While transplants surgically move hair from one part of the scalp to another, PRP works by enhancing the health of existing follicles. PRP is often paired with transplants to promote faster healing and hair growth.

Topical Treatments (e.g., Minoxidil): Topical options sometimes improve growth but must be applied daily and limited to scalp areas where hair already exists. PRP goes deeper, targeting the root cause of thinning hair.

Oral Medications: Drugs like finasteride might stop hair loss, but they don't



address thinning or gaps. PRP helps regenerate hair alongside preventative measures.

For many, PRP becomes the ideal choice due to its balance between natural efficacy, convenience, and long-term sustainability.

Is PRP Worth Trying for Hair Loss?

If you're looking for a natural, effective alternative to combat hair loss, PRP Hair Loss Restoration certainly deserves consideration. With its proven ability to stimulate hair follicles, improve scalp health, and rebuild confidence, it's a versatile option that's changing the game.

PRP therapy works best when you understand your unique hair restoration needs—so be sure to consult our health-care providers to explore personalized recommendations.



Get Ready for Spring with Laser Hair Removal

Spring is all about fresh starts and new beginnings. As the days get warmer and sleeves get shorter, many of us start thinking about how to achieve smoother, softer skin for the sunny season. If you're tired of the constant cycle of shaving, waxing, or plucking, it may be time to consider laser hair removal.

At Exceptional Dermatology, we believe laser hair removal is one of the best investments you can make in self-care. We will walk you through how laser hair removal works, its incredible benefits, and what you need to know before getting started so you can step into spring with confidence.

What Is Laser Hair Removal?

Laser hair removal is a cutting-edge cosmetic treatment that targets and diminishes

unwanted hair through the use of highly concentrated light beams. These lasers penetrate hair follicles, heating and destroying them to stunt future growth.

Many people love this treatment because it works for various areas of the body, from your legs and arms to smaller regions like your upper lip, underarms, or bikini line. Plus, the results are long-lasting compared to traditional methods like shaving or waxing.

For a more permanent solution, treatments are usually spaced out over a few months to ensure that hair follicles in all stages of the growth cycle are effectively targeted.

Why Choose Laser Hair Removal for Spring?

Spring brings warmer weather, outdoor activities, and plenty of wardrobe changes—and the last thing you want to worry about is unwanted hair. Here's why laser hair removal is an ideal option to get you spring-ready:

1. Smooth Skin That Lasts: Unlike shaving, which lasts days, or waxing, which might last a few weeks, laser hair removal offers results that can last months or even years after a series of treatments. Say goodbye to razor burn and post-wax irritation.

2. Saves Time and Money: Imagine how much time you spend shaving or how much you've spent on every waxing

appointment. Over time, laser hair removal pays for itself by cutting down both costs and daily grooming time.

3. Boosts Confidence for Spring Fashion: Shorts, sundresses, and swimsuits are staples of spring fashion. Laser hair removal ensures you never think twice about wearing them, no matter how spontaneous the plan.

4. Eco-Friendly Hair Removal: Thousands of disposable razors and wipes from waxing kits end up in landfills every year. Opting for laser hair removal reduces waste, making it a sustainable beauty choice.

How Does Laser Hair Removal Work at Exceptional Dermatology?

At Exceptional Dermatology, we specialize in offering the latest laser hair removal technology for safe, effective treatments. Here's what you can expect when you book with us:



Step 1: Consultation: Your first appointment is all about assessing your skin type and understanding your hair removal goals. We'll discuss the areas you want treated, your medical history, and what you can expect during the process.

Step 2: Treatment Sessions: A trained healthcare provider will perform the treatment in a comfortable office setting. The laser system will target hair follicles using light beams, and you'll feel a mild tingling sensation. With the advanced equipment we use at Exceptional Dermatology, the process is efficient and minimally uncomfortable.

Depending on the area you're treating, sessions can last anywhere from 15 minutes to an hour. Treatments typically occur once a month for around six sessions, but this will vary based on your unique needs.

Step 3: Post-Treatment Care: After your session, you're free to go about your day with little downtime. You may experience slight redness or sensitivity, but this subsides quickly. Your healthcare provider will provide tips to keep the treated area healthy, such as avoiding sun exposure and applying soothing aloe vera.

Common Misconceptions About Laser Hair Removal

Despite its popularity, there are still misconceptions surrounding laser hair removal. We're here to set the record



straight.

Myth 1 - Laser Hair Removal Is Painful: While everyone's pain threshold is different, most patients compare the sensation to the snap of a rubber band. Many modern laser systems even feature cooling technology to make the experience as comfortable as possible.

Myth 2 - It's Only for Certain Skin Types: With advancements in laser technology, laser hair removal is now safe and effective for a wider range of skin tones and hair colors. Discuss your specific needs with your technician to determine the best approach for you.

Myth 3 - It's Too Expensive: While the upfront cost might seem high, laser hair removal saves you money in the long run compared to regular waxing or shaving expenses. It's an investment in your future comfort and confidence.

Myth 4: Results Are Immediate - Laser hair removal doesn't give instant results. Instead, you'll notice a gradual reduction in hair growth over multiple treatments. Consistency is key for the long-lasting, smooth skin you're after.

Is Laser Hair Removal Right for You?

If you're over the constant maintenance of traditional hair removal methods, laser hair removal could be a game-changer. However, the best way to determine if it's right for you is to book a consultation with one of our healthcare providers at Exceptional Dermatology.

Our healthcare providers are trained to tailor treatments to your unique needs, ensuring safe and effective results every time.



Say Goodbye to Unwanted Hair This Spring

Why not enter the new season feeling more confident, radiant, and ready to take on sunny days? Laser hair removal at Exceptional Dermatology offers lasting results, freeing you from the hassle of razors and waxing strips.

Whether you want smooth legs to show off in your favorite spring dress or a clean bikini line ahead of summer beach trips, we're here to help.

Get started today by booking your consultation—smooth skin is just a few treatments away!





Steps to Freshen Up Your Spring Skincare Routine in March

As the seasons transition, so does your skin's behavior. March can bring warm, sunny days followed by chilly and rainy ones, making it a challenging time for your skin to adjust. The fluctuating weather, combined with the lingering effects of winter, often creates a need for an updated skincare routine. This guide will walk you through the steps to refine your skincare regimen to keep your skin healthy, hydrated, and glowing this spring.

Why Adjust Your Skincare in Spring?

Spring signals a shift in both climate and skin needs. During winter, your skincare focus likely revolved around combating dryness and protecting your skin barrier from cold, harsh environments. With spring's arrival, increased humidity and sun

exposure call for a lighter, fresher approach.

Making changes to your skincare routine in response to seasonal changes helps address potential issues such as:

- Increased oiliness due to higher humidity.
- Seasonal allergies causing redness or irritation.
- Uneven texture or leftover dryness from winter.
- Greater exposure to UV rays as outdoor time increases.

A thoughtful spring skincare refresh ensures your skin thrives as conditions change.

Step 1: Start with a Gentle Cleanser

Cleansing is the foundation of any skincare routine, but spring calls for a lighter, gentle cleanser. Your winter cleanser may have been packed with hydrating ingredients to combat dryness, but as temperatures rise, you'll need one that removes impurities like sweat and excess oil without stripping your skin.

What to look for in a cleanser:

1. Choose a sulfate-free option to avoid over-drying.
2. Look for formulations with calming ingredients, like aloe vera or chamomile, to help manage irritation often caused by allergens in spring air.

Pro tip: If you have oily skin, a gel-based cleanser works well. Those with drier skin should opt for a hydrating cream or lotion cleanser.

Step 2: Exfoliate Mindfully

Exfoliation is key to sloughing off the build-up of dead skin cells that can make the skin appear dull after winter. However, it's important to exfoliate gently and not overdo it, as the skin may still be sensitive from the colder months.

Best practices for spring exfoliation:

1. Use chemical exfoliants containing AHAs (alpha hydroxy acids) or BHAs (beta hydroxy acids) for a more thorough and even exfoliation.
2. Limit exfoliation to 2–3 times per week to prevent over-exfoliating and irritating your skin.



Bonus tip: Avoid physical scrubs with harsh particles that can cause micro-tears. Think of exfoliation as a way to prep your skin for better absorption of the rest of your skincare products.

Step 3: Update Your Moisturizer

Heavier, occlusive moisturizers served you well through winter, but spring calls for something lightweight yet still hydrating. With humidity levels increasing, your skin may naturally retain more moisture, so you can scale back to a water-based or gel moisturizer.

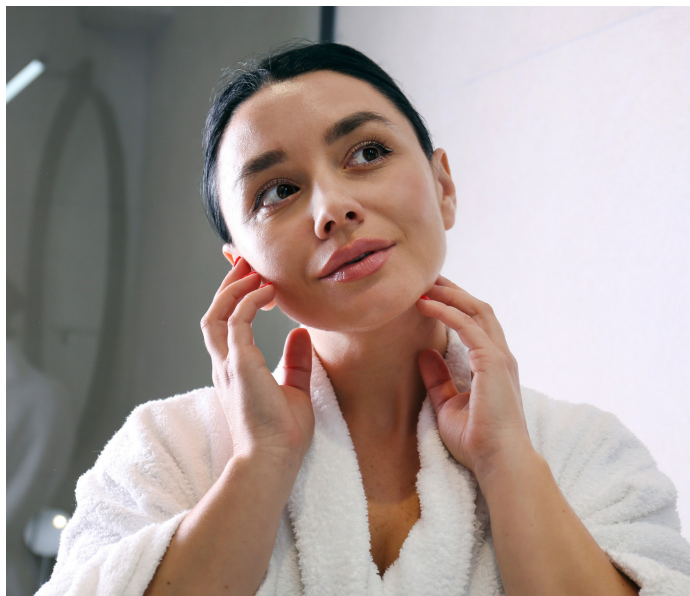
What to look for in a moisturizer:

1. Ingredients like hyaluronic acid or glycerin are excellent for locking in moisture without feeling heavy.
2. Non-comedogenic labels are crucial for those prone to breakouts as warmth and humidity rise.

For those still experiencing dry patches, consider layering a serum with hydrating properties under your moisturizer instead of switching back to heavier creams.

Step 4: Double Down on SPF

If your sunscreen has been gathering dust during winter, it's time to bring it back to center stage. Spring means longer days and more exposure to UV rays, which can accelerate signs of aging and increase skin cancer risks.



How to use sunscreen effectively:

1. Choose a broad-spectrum sunscreen with SPF 30 or higher.
2. Reapply every two hours if you are spending extended time outdoors.
3. For easy application during the day, try a spray or powdered sunscreen.

Don't skip sunscreen even on cloudy days—UV rays can penetrate through clouds and still affect your skin.

Step 5: Incorporate Antioxidants

Spring allergies and environmental changes can lead to redness and inflammation. Antioxidants, such as vitamin C, play a crucial role in protecting your skin from free radical damage caused by increased pollen and UV rays while boosting collagen production.

The benefits of an antioxidant serum:

1. Helps brighten skin tone and reduce pigmentation.
2. Strengthens the skin barrier against pollutants and irritants.
3. Keeps the skin looking youthful by improving overall elasticity.

Apply a few drops of a good vitamin C serum in the morning under your sunscreen for optimal protection.

Step 6: Pay Attention to Your Eyes and Lips

The delicate skin around the eyes and on the lips is particularly vulnerable to seasonal changes. Ensure these areas receive extra care as you transition into spring.

For your eyes: Choose an eye cream with peptides or caffeine to target puffiness and dark circles that are common with allergy season.

For your lips: Exfoliate gently with a lip scrub once a week and keep your lips hydrated with a balm containing SPF. This not only prevents chapping but also protects against sun damage.

Step 7: Drink More Water and Adjust Your Diet

Healthy skin starts from within! Warmer weather may naturally increase your thirst, so use this as an opportunity to hydrate more consistently. Water plays

a vital role in maintaining skin's elasticity and plumpness.

Spring diet tips for glowing skin:

- Add fruits and vegetables rich in antioxidants, like berries, spinach, and bell peppers.
- Incorporate omega-3-rich foods (e.g., fish, walnuts) to improve your skin's ability to retain moisture.

By nourishing your body, you'll see visible improvements in the radiance and resilience of your skin.

Set Your Skin Up for Success This Spring

Adjusting your skincare routine for spring doesn't have to be complicated. By swapping heavy winter products for lightweight, hydrating alternatives and incorporating antioxidant-rich serums and SPF, your skin will be prepared to tackle spring's unpredictable weather changes.

Most importantly, listen to your skin. Adjust your routine as needed and ensure you're not overlooking hydration—both inside and out. A consistent effort pays off with a radiant glow that lasts well into the warmer months and the rest of the year.

Want personalized tips for your spring skincare refresh? Continue reading our monthly eMagazines for expert advice and product recommendations tailored to your skin type.