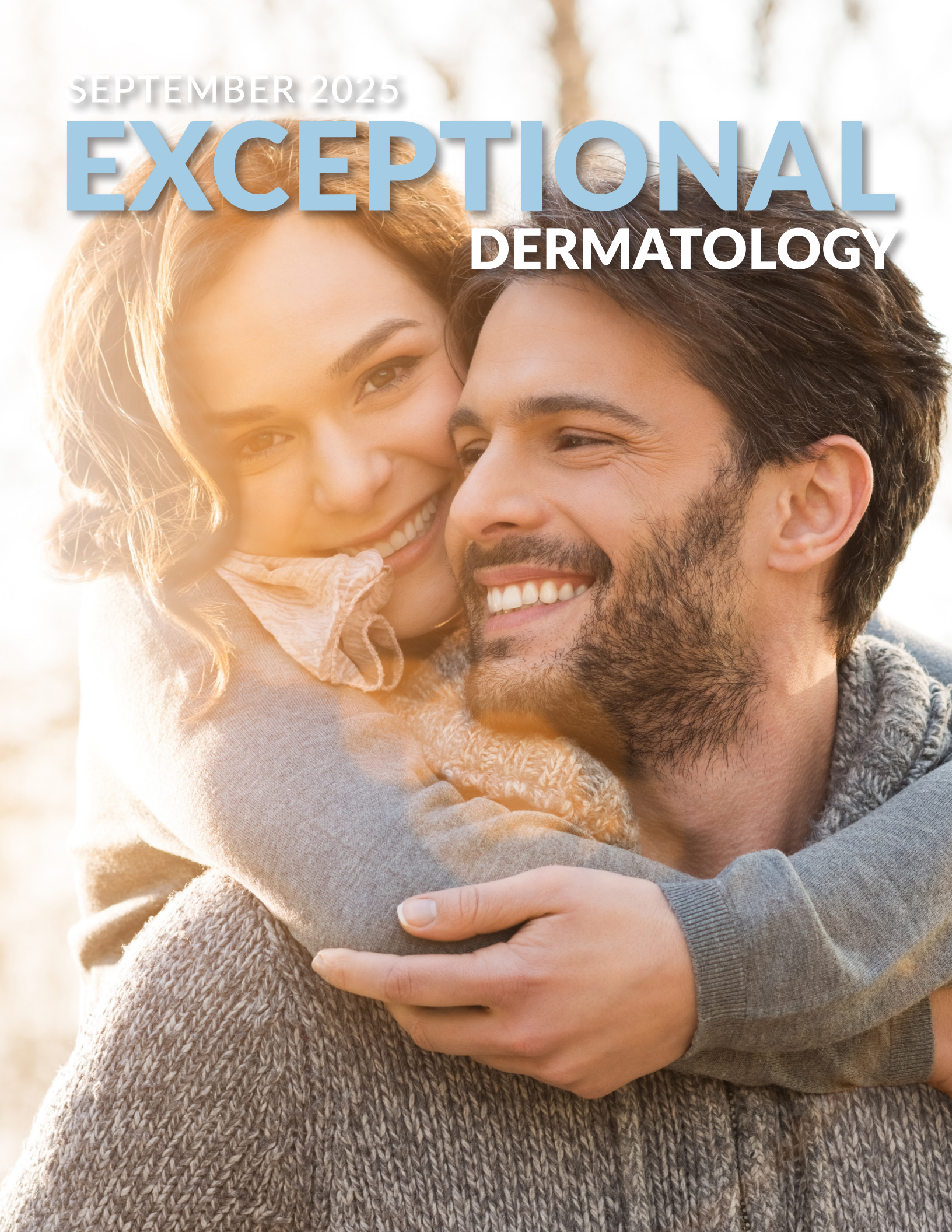


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We'd love to hear your feedback, so we can continue to improve our service to you.

For questions or comments, please send us an email to liz@exceptionaldermatology.com

CONTACT

2720 N Harbor Blvd Ste. 205
Fullerton, CA 92835

(714) 882-5525

www.exceptionaldermatology.com



Restylane: The Original HA Filler Brand That's Still Leading

When hyaluronic acid dermal fillers first entered the aesthetic medicine scene, Restylane was there from the very beginning. As the original HA filler brand, Restylane has spent decades perfecting their formulations and expanding their product line to meet virtually every aesthetic need.

What started as a single revolutionary product has evolved into the most comprehensive collection of hyaluronic acid fillers available today. From subtle lip enhancements to dramatic cheek augmentation, Restylane offers specialized solutions that have earned recognition from both medical professionals and patients worldwide.

The brand's commitment to innovation and safety has resulted in numerous

industry awards and regulatory approvals across the globe. But what exactly makes Restylane stand out in an increasingly crowded market? Let's explore the science, versatility, and proven track record that continues to make Restylane the go-to choice for aesthetic professionals and their patients.

The Science Behind Restylane's Success

Restylane's foundation rests on its proprietary NASHA (Non-Animal Stabilized Hyaluronic Acid) technology. This breakthrough approach creates hyaluronic acid through bacterial fermentation rather than extracting it from animal sources, significantly reducing the risk of allergic reactions and cross-contamination.

The NASHA process produces HA molecules with optimal gel properties—maintaining natural movement while providing long-lasting results. Each product in the Restylane family uses this same base technology but with different cross-linking densities and particle sizes to target specific treatment areas and aesthetic goals.

This scientific approach has allowed Restylane to create products with varying viscosities and lifting capacities. Thinner formulations work beautifully for delicate areas like under-eye hollows, while more robust gels can provide structural support for deeper facial contouring.

The consistency of the NASHA platform across all Restylane products also means



predictable results for practitioners. When an injector understands how one Restylane product behaves, they can confidently work with others in the line, knowing the fundamental characteristics remain consistent.

Award-Winning Recognition and Clinical Excellence

Restylane's reputation isn't built on marketing claims alone. The brand has earned numerous prestigious awards from medical and aesthetic industry organizations, recognizing both product innovation and clinical outcomes.

Independent clinical studies have consistently demonstrated Restylane's effectiveness across various treatment areas. Patient satisfaction rates regularly exceed 90% in peer-reviewed research, with results lasting anywhere from six months to over a year, depending on the specific product and treatment area.

The brand's commitment to ongoing research has resulted in continuous product improvements and new applications. Recent studies have explored Restylane's effectiveness in hand rejuvenation, non-surgical nose reshaping, and even treating certain types of acne scarring.

Medical professionals frequently cite Restylane's reliable performance and predictable outcomes as key factors in their product selection. This professional confidence translates directly to patient satisfaction and optimal aesthetic results.

The Most Diverse Product Portfolio

One of Restylane's greatest strengths lies in its comprehensive product range. Unlike brands that offer one or two formulations, Restylane provides specialized products for virtually every facial

area and aesthetic goal.

Lip Enhancement Options: Restylane offers multiple products specifically formulated for lip treatments. Restylane Kysse provides natural-looking volume with flexibility for expressive movement, while Restylane Silk delivers subtle enhancement perfect for first-time patients. For those seeking more dramatic results, Restylane Lyft can create fuller, more defined lips.

Facial Contouring Solutions: The brand's facial contouring products include Restylane Contour for cheek augmentation and midface lifting, and Restylane Defyne for addressing deeper lines and folds. These products provide structural support while maintaining natural facial expressions and movement.

Delicate Area Treatments: Restylane Refyne targets moderate lines and wrinkles with a softer formulation that allows for natural movement. For the delicate under-eye area, Restylane's thinner consistencies can address hollowing without creating lumps or irregularities.

Long-Lasting Volume: Restylane Lyft offers some of the longest-lasting results in the product line, making it ideal for patients seeking significant volume restoration with fewer maintenance appointments.

Safety Profile and Patient Experience

Safety is very important in aesthetic



medicine, and Restylane's extensive clinical history provides substantial data on both efficacy and adverse event profiles. The non-animal origin of NASHA technology eliminates concerns about animal-derived allergens, while the bacterial fermentation process ensures product purity.

Most patients experience only mild, temporary side effects such as swelling, redness, or bruising at injection sites. These effects typically resolve within a few days to a week. Serious adverse events remain extremely rare when products are administered by qualified professionals.

The reversible nature of hyaluronic acid fillers provides additional peace of mind. Should any issues arise or if patients are unsatisfied with results, hyaluronidase can dissolve the product, returning tissues to their pre-treatment state.

Patient comfort during treatment has also improved with newer Restylane formulations that include lidocaine, a local anesthetic. This built-in numbing agent significantly reduces injection discomfort compared to earlier generation fillers.

Innovation and Future Developments

While Restylane built its reputation on proven products, the brand continues investing heavily in research and development. Recent innovations include improved product longevity, enhanced patient comfort, and expanded treatment

applications.

The company regularly publishes clinical research exploring new uses for existing products and developing entirely new formulations. This ongoing innovation ensures that Restylane remains at the forefront of aesthetic medicine rather than resting on past achievements.

Your Journey to Enhanced Natural Beauty

Restylane's journey from pioneering single product to comprehensive aesthetic solution reflects the brand's commitment to innovation, safety, and patient satisfaction. Whether you're considering your first aesthetic treatment or looking to enhance existing results, Restylane's diverse portfolio offers solutions tailored to your specific goals and concerns.

The combination of proven science, clinical excellence, and ongoing innovation makes Restylane a trusted choice for both patients and healthcare providers. When you choose Restylane, you're not just selecting a product—you're partnering with decades of aesthetic expertise and a brand committed to helping you achieve your most confident, beautiful self.

Consider scheduling a consultation with one of our healthcare professionals at Exceptional Dermatology Care to explore how Restylane's award-winning products can help you achieve your aesthetic goals safely and naturally.



September Skin Care: Your Skin's Fresh Start This Fall

Summer's blazing heat is behind us, school routines are settling in, and your skin might be sending you some mixed signals. September marks **National Skin Care Awareness Month**, making it the perfect time to reset your skin care routine and address the aftermath of sun-soaked days and busy schedules.

Your skin has weathered months of UV exposure, chlorine from pool days, and perhaps some neglected evening routines during those late summer nights. Now, as cooler weather approaches and schedules become more structured, your skin deserves some dedicated attention.

This month offers an ideal opportunity to assess what's working, what isn't, and how seasonal changes affect your skin's needs. Whether you're dealing with

lingering sun damage, preparing for drier fall air, or simply looking to establish better daily habits, September's timing couldn't be more strategic for a skincare refresh.

Why September Is Perfect for Skin Care Focus

The transition from summer to fall creates unique conditions that make September an optimal month for skin care evaluation and renewal. Your skin has likely accumulated damage from increased sun exposure, vacation disruptions to your routine, and summer activities that may have thrown your usual regimen off track.

Post-Summer Skin Assessment

Summer leaves its mark on everyone's skin differently. Some people notice increased pigmentation from sun exposure, while others deal with breakouts from heavy sunscreens or sweat. The key is conducting an honest assessment of your skin's current state.

Look for signs of sun damage like dark spots, uneven tone, or new freckles. Check for dehydration, which often manifests as tightness or flakiness. Notice any texture changes or areas where your skin feels different than it did in spring.

Preparing for Seasonal Changes

Fall brings lower humidity levels and



cooler temperatures, which means your skin's moisture needs will shift significantly. The sebum production that might have felt overwhelming in summer heat could become insufficient as indoor heating systems start running and outdoor air becomes drier.

This transitional period gives you time to gradually introduce products that will serve you well through fall and winter, rather than waiting until your skin is already compromised by harsh weather conditions.

Creating Your September Skin Care Reset

A successful skin care reset doesn't require throwing out everything you own and starting fresh. Instead, focus on strategic adjustments that address your skin's current needs while preparing for the months ahead.

Step 1: Evaluate Your Current Routine

Take inventory of the products you've been using consistently and honestly assess their effectiveness. Which products made your skin feel great? Which ones caused irritation or seemed to have no effect at all?

Pay special attention to how your skin responds to different products at different times of day. Your morning routine needs might differ significantly from your evening requirements, especially as daylight hours begin to shorten.

Step 2: Address Summer Damage

If you notice signs of sun damage, now is the time to address them before they become more pronounced. Vitamin C serums can help brighten dark spots,



while gentle exfoliation can improve skin texture and promote cell turnover.

Consider incorporating products with ingredients like niacinamide, which can help regulate oil production and improve skin tone, or hyaluronic acid to restore moisture that may have been lost during summer activities.

Step 3: Prepare for Fall Weather

Start introducing richer moisturizers gradually, even if your skin doesn't seem to need them yet. This proactive approach helps your skin adjust slowly rather than experiencing the shock of suddenly switching to heavy products when cold weather hits.

Look for moisturizers with ceramides or squalane, which help strengthen your skin's natural barrier function. These ingredients become increasingly important as environmental conditions become more challenging for maintaining healthy skin.

Building Sustainable Skin Care Habits

National Skin Care Awareness Month isn't just about products—it's about developing consistent habits that support long-term skin health. The key is creating routines that feel manageable within your lifestyle.

Morning Routine Simplicity

Your routine should be streamlined and

efficient, especially as school and work schedules become more demanding. Focus on cleansing, protection, and hydration as your core steps.

A gentle cleanser removes overnight buildup without stripping your skin. Follow with a lightweight moisturizer that absorbs quickly, and always finish with broad-spectrum SPF 30 or higher. This simple three-step routine takes less than five minutes but provides essential protection and care.

Evening Routine Recovery

Evenings offer more time for targeted treatments and intensive care. This is when you can address specific concerns like fine lines, dark spots, or texture issues.

Start with thorough cleansing to remove sunscreen, makeup, and daily pollutants. Follow with any treatment serums or actives, then seal everything in with a nourishing moisturizer. The key is consistency rather than complexity.

Weekly Intensive Treatments

Incorporate weekly treatments that address your skin's deeper needs. This might include a gentle exfoliating mask to improve texture, a hydrating sheet mask for extra moisture, or a clay mask if you're dealing with excess oil production.

These treatments should complement,



not replace, your daily routine. They're opportunities to give your skin extra attention and address concerns that daily products might not fully resolve.

Common September Skin Care Mistakes to Avoid

As routines shift and seasons change, certain skin care mistakes become more common. Being aware of these pitfalls can help you navigate your skincare reset more successfully.

Over-Correcting Summer Issues

It's tempting to dramatically overhaul your routine to address summer's effects, but sudden changes can actually stress your skin further. Instead of introducing multiple new products at once, add one new item every week or two to monitor how your skin responds.

Neglecting Sun Protection

Just because summer is ending doesn't

mean UV protection becomes less important. September sun can still cause damage, especially when people become less vigilant about reapplication and protective clothing.

Maintain consistent SPF use regardless of the season. UV rays remain present year-round, and protecting your skin from further damage is crucial while you're working to repair summer's effects.

Ignoring Skin Barrier Health

Focus on strengthening your skin's natural protective barrier rather than just addressing surface concerns. A healthy barrier function supports all other aspects of skin health and helps your skin better handle environmental stressors.

Look for products that support barrier repair, such as those containing ceramides, fatty acids, or cholesterol. These ingredients work together to maintain your skin's protective function.

Making the Most of Professional Support

September is also an excellent time to schedule professional skin care consultations if you're dealing with persistent issues or want personalized guidance for your routine adjustments.

When to Seek Professional Help

Consider professional consultation if

you're experiencing ongoing skin concerns that don't improve with consistent home care, if you're unsure about product choices, or if you want to address specific issues like acne, rosacea, or significant sun damage.

Our healthcare professionals can provide personalized recommendations based on your skin type, concerns, and lifestyle factors. They can also help you understand which ingredients and treatments will be most effective for your specific needs.

Your Skin Deserves This Investment

National Skin Care Awareness Month serves as a valuable reminder that skincare isn't vanity—it's health maintenance. Your skin is your body's largest organ and deserves the same attention you give to other aspects of your wellness routine.

Taking time this September to reset your skincare approach sets you up for success through the changing seasons ahead. Whether you make small adjustments or implement more significant changes, the key is creating sustainable habits that support your skin's health.

Start small, be consistent, and remember that good skin care is ultimately about feeling comfortable and confident in your own skin. Use this month as an opportunity to recommit to taking care of yourself, one gentle, consistent step at a time.



Understanding Skin Pigmentation Disorders

Have you ever noticed a new dark spot on your skin after a breakout clears up, or lighter patches that don't match the rest of your complexion? These changes are often related to skin pigmentation, which is simply the color of your skin. This color is determined by a pigment called melanin, and sometimes our bodies produce too much or too little of it, leading to common skin concerns.

Understanding the cause of these color changes is the first step toward managing them. Skin pigmentation disorders are generally harmless but can be a source of frustration for many. Whether you're dealing with darker patches or lighter spots, knowing what's happening beneath the surface can empower you to find the right solutions.

This guide will explain the two main types of skin pigmentation disorders:

hyperpigmentation (darker skin) and hypopigmentation (lighter skin). We'll explore what causes these conditions, the different forms they can take, and what you can do to achieve a more even-toned complexion.

What Determines Skin Color?

Your unique skin tone is determined by specialized cells called melanocytes. These cells are responsible for producing melanin, the natural pigment that gives color to your skin, hair, and eyes. Everyone has roughly the same number of melanocytes, but the amount of melanin they produce varies. People with darker skin produce more melanin than those with lighter skin.

Melanin also serves a protective function. When your skin is exposed to the sun's ultraviolet (UV) rays, melanocytes ramp up melanin production to shield your skin from damage. This process is what causes you to tan.

Sometimes, however, this process can

go awry. Factors like sun exposure, hormonal changes, inflammation, or injury can cause melanocytes to produce melanin unevenly. This leads to pigmentation disorders, which appear as patches of skin that are either darker or lighter than your natural tone. These disorders fall into two main categories: hyperpigmentation and hypopigmentation.

What is Hyperpigmentation?

Hyperpigmentation occurs when your body produces an excess of melanin in certain spots, causing patches of skin to become darker than the surrounding areas. These dark spots can range in color from light brown to black and can appear anywhere on the body. It's a very common condition that affects people of all skin tones, though it can be more pronounced in individuals with medium to dark complexions.

Several factors can trigger hyperpigmentation, but the most common culprits are sun exposure, inflammation, and hormonal shifts.

Common Types of Hyperpigmentation

There are several different forms of hyperpigmentation, each with its own distinct cause and appearance.

1. Melasma: Often called the "mask of pregnancy," melasma is characterized by brown or grayish-brown patches that typically appear on the face—especially the cheeks, forehead, bridge of the





nose, and upper lip. It is far more common in women and is strongly linked to hormonal changes. Triggers include:

Pregnancy: Fluctuating hormones can stimulate excess melanin production.

Birth control pills: Oral contraceptives can also trigger melasma.

Hormone therapy: Certain hormone treatments may lead to skin darkening.

Sun exposure is a major contributing factor that can worsen melasma, as UV light stimulates melanin production.

2. Sunspots (Solar Lentigines): As the name suggests, sunspots are caused by prolonged exposure to the sun. Also known as age spots or liver spots, they are flat, oval-shaped areas of increased pigmentation. They typically appear on parts of the body that get the most sun,

such as the face, hands, shoulders, and arms. While they are more common in adults over 50, anyone who spends a lot of time in the sun without protection can develop them.

3. Post-Inflammatory Hyperpigmentation (PIH)

This type of hyperpigmentation is the result of an injury or inflammation of the skin. When the skin heals from trauma, it can leave a dark spot behind. Common causes of PIH include:

Acne: This is one of the most frequent causes, leaving behind dark marks after a pimple has healed.

Eczema or Psoriasis: Inflammatory skin conditions can trigger PIH.

Cuts, burns, or insect bites: Any injury that inflames the skin can result in discoloration.

PIH can affect anyone, but it is often more intense and longer-lasting for individuals with darker skin tones.

What is Hypopigmentation?

In contrast to hyperpigmentation, hypopigmentation is a condition where the skin produces too little melanin, resulting in patches of skin that are lighter than the surrounding area. This loss of pigment can be caused by a variety of factors, including genetic conditions, skin injuries, and certain medical

treatments.

Common Types of Hypopigmentation

Like hyperpigmentation, hypopigmentation comes in several forms.

1. Vitiligo: An autoimmune condition where the body's immune system attacks and destroys melanocytes. This results in smooth, white patches of skin where no pigment is present. It can appear anywhere on the body and can range from a few small spots to widespread patches. The exact cause of vitiligo isn't fully understood, but it's believed to be a combination of genetic and environmental factors.

2. Albinism: A rare genetic disorder characterized by a complete or partial absence of melanin in the skin, hair, and eyes. People with albinism have very pale skin, white or light-colored hair, and often have vision problems. It is an inherited condition, meaning it is passed down through families.

3. Post-Inflammatory Hypopigmentation: Similar to its hyperpigmented counterpart, post-inflammatory hypopigmentation occurs after a skin injury or inflammation. However, instead of overproducing melanin, the skin's ability to produce pigment is disrupted, leading to lighter patches. Conditions that can cause this include:

Blisters, burns, or infections: These can damage melanocytes.

Certain skin treatments: Aggressive chemical peels or laser treatments can sometimes result in a loss of pigment. In many cases, the pigment eventually returns, but it can take several months or even years.

4. Pityriasis Alba: This is a common and mild form of hypopigmentation that primarily affects children and young adults. It appears as poorly defined, scaly, pale patches on the face, neck, and arms. Pityriasis alba is often associated with eczema and tends to be more noticeable in the summer when the surrounding skin tans.

Your Path to an Even Complexion

Dealing with skin pigmentation disorders can be challenging, but many effective treatments are available. The right approach will depend on the type and severity of your condition. If you notice any significant changes in your skin's pigmentation, it's always a good idea to consult a healthcare provider. They can provide an accurate diagnosis and recommend a personalized treatment plan to help you achieve a clearer, more even skin tone.

Protecting your skin from the sun is the single most important step you can take to prevent and manage pigmentation issues. Daily use of a broad-spectrum sunscreen can make a world of difference. If you have any questions, please schedule an appointment with one of our healthcare providers today.