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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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Is Fall the Best Time for a VI Peel?

After months of beach days, pool parties, and outdoor adventures, your skin might be telling a story of sun spots and uneven texture. While summer fun is great, the lingering effects of sun damage can leave you feeling less than confident. The good news is that autumn presents the perfect window to reset your skin with a VI Peel.

The cooler months offer unique advantages for chemical peels that just aren't available during the summer. With reduced UV exposure and more comfortable recovery conditions, fall creates the ideal environment for achieving radiant, renewed skin. This timing allows you to undo summer's impact and get a healthy glow just in time for the holiday season.

Why Seasonal Timing Matters for Skin Treatments

Your skin is constantly reacting to its environment. During the summer, increased

heat, humidity, and UV radiation create a challenging setting for recovery after a skin treatment. Chemical peels, like the VI Peel, work by removing the top layers of damaged skin to reveal fresh, new skin underneath. This new skin is especially vulnerable and requires careful protection from the sun.

Fall's naturally lower UV index provides a protective shield during this critical healing period. The sun is lower in the sky, daylight hours are shorter, and cloud cover is more frequent. These factors combine to create an environment where your skin can heal without the constant threat of intense solar radiation, helping you get the best possible results.

Reversing Summer's Sun Damage

Summer often leaves behind more than just good memories; it can also bring accumulated skin damage. Even if you're diligent with sunscreen, months of outdoor activities can lead to:

- **Sun spots and age spots** from UV exposure
- **Uneven skin tone** caused by irregular melanin production
- **Fine lines** made worse by heat and dehydration
- **Rough texture** from environmental pollutants and sweat
- **Clogged pores** from increased oil production and sunscreen buildup

The VI Peel is specifically designed to



address these concerns. Its unique blend of acids dissolves damaged skin cells, stimulates collagen production, and encourages cellular turnover. By scheduling your treatment in the fall, you give your skin the best chance to recover from summer's effects while preparing it for the colder months ahead.

A Lower Risk of Post-Treatment Complications

One of the biggest advantages of getting a VI Peel in the fall is the reduced risk of post-inflammatory hyperpigmentation (PIH). This condition happens when freshly treated skin is exposed to UV rays, causing it to produce excess melanin. Instead of achieving an even skin tone, you could end up with new dark spots.

In the summer, even brief moments in the sun can trigger PIH. Fall's gentler

sunlight makes it much easier to protect your skin and your investment. You can go about your daily activities with less worry about undoing your treatment's benefits. The cooler temperatures also make the healing process more comfortable. Post-peel skin can feel sensitive and tight, and these sensations are much more manageable in crisp, cool air than in hot, humid weather.

The Ideal Environment for Recovery

Recovering from a VI Peel typically involves a few days of visible peeling as the damaged skin sheds. During this phase, your skin needs gentle care and protection. Fall weather provides an ideal recovery setting in several ways:

- **Lower humidity** reduces the risk of bacterial growth and prevents excess moisture loss.

- **Cooler temperatures** help minimize inflammation and reduce the temptation to pick at peeling skin.
- **More time** indoors naturally limits your sun exposure during the most sensitive healing days.

Many people find it easy to plan their social schedules around a fall peel, using the season's cozy vibe as a perfect excuse for some downtime at home.

Perfect Timing for the Holidays

Strategically timing your VI Peel can leave you with glowing skin right in time for holiday parties and family gatherings. The full recovery process usually takes about a week, with the best results appearing two to four weeks after treatment.

By scheduling your VI Peel four to six weeks before major holiday events, you can ensure you are well past the peeling phase and enjoying your renewed complexion when it matters most. Your skin will look brighter, smoother, and more radiant for all your holiday photos.

Prepare Your Skin for Winter

Fall treatments also help prepare your skin for the harsh conditions of winter. Cold air, dry indoor heating, and low humidity can take a toll on your complexion. By stimulating cellular renewal in the fall, you're building a stronger, more resilient skin barrier. An improved skin texture and barrier function means your



skin will be better able to retain moisture and resist environmental stressors during the dry winter months.

VI Peel Options at Exceptional Dermatology Care

At Exceptional Dermatology Care, we understand that every patient's skin is unique. We offer two specialized VI Peel formulations to target different concerns and treatment areas.

VI Peel Precision Plus

The VI Peel Precision Plus is our most advanced facial treatment. This powerful formula is designed to target stubborn hyperpigmentation, melasma, and advanced signs of aging. It includes extra lightening agents that work to break down excess melanin and promote healthy cellular turnover, giving you a more even and youthful complexion.



VI Peel Body

The VI Peel Body extends the benefits of a chemical peel to other areas of your body. This specialized formula addresses sun damage and uneven texture on the chest, arms, and hands—areas that often show significant signs of sun exposure but are frequently overlooked in skin-care routines.

Both of these treatments are ideal for the fall, allowing you to achieve optimal results with a lower risk of complications.

Your Path to Radiant Skin

Fall's unique combination of environmental factors creates the perfect opportunity for skin renewal. The season's lower UV index, cooler temperatures, and convenient timing before the holidays make it the best time to address summer damage and prepare your skin for the year ahead.

At Exceptional Dermatology Care, your skin's health and beauty are our top priorities. Our experienced team is dedicated to providing personalized treatments tailored to your unique needs and goals. Whether you're looking to reverse the effects of sun exposure, reduce the appearance of acne scars, or simply achieve a radiant glow, the VI Peel is a powerful solution that delivers real results.

Contact us today to schedule your consultation and discover how a VI Peel can transform your skin this fall.



Celebrate National Healthy Skin Month This November

November isn't just about cozy sweaters and pumpkin spice lattes. It's also National Healthy Skin Month, an annual campaign led by the American Academy of Dermatology (AAD) to spotlight the importance of skin health. This month-long awareness initiative encourages people to evaluate their skincare routines, adopt healthier habits, and take proactive steps to prevent skin cancer.

Your skin is your body's largest organ, yet it's often one of the most neglected. From harsh weather conditions to daily exposure to pollutants and UV rays, your skin faces constant challenges. National Healthy Skin Month is the perfect opportunity to refocus on protecting and nourishing your skin, hair, and nails.

Whether you're dealing with dryness, acne, or premature aging, this guide will help you understand why skin health matters and what you can do to keep your skin

glowing year-round.

Why Skin Health Matters

Healthy skin does more than just look good. It plays a vital role in protecting your body from external threats like bacteria, viruses, and environmental damage. When your skin is compromised, whether through cuts, burns, or chronic conditions, it becomes less effective at doing its job.

Beyond protection, your skin can also serve as an early warning system for underlying health issues. Changes in texture, color, or the appearance of new growths can signal anything from nutrient deficiencies to more serious conditions like skin cancer. Regular skin checks and a solid skincare routine can help you catch potential problems early.

November's cooler temperatures and lower humidity levels can take a toll on your skin, making this month an ideal

time to reassess your routine. Dry, flaky skin is common during fall and winter, but with the right approach, you can keep your skin hydrated and healthy.

Simple Steps for Healthier Skin

Building a skincare routine doesn't have to be complicated or expensive. Here are some practical steps to improve your skin health this month and beyond.

Cleanse Gently

Washing your face might seem straightforward, but using the wrong products or techniques can strip your skin of its natural oils. Opt for a gentle, fragrance-free cleanser that suits your skin type. If you have oily skin, look for a gel-based formula. Dry or sensitive skin types benefit from creamy, hydrating cleansers.

Avoid scrubbing too hard or using hot water, as both can irritate your skin. Instead, use lukewarm water and pat your face dry with a soft towel.

Moisturize Daily

Moisturizing is essential, especially during colder months when the air is drier. A good moisturizer locks in hydration and helps repair your skin's natural barrier. Choose a product with ingredients like hyaluronic acid, ceramides, or glycerin for maximum hydration.



Don't forget about your body. Apply a rich body lotion or cream after showering to keep your skin smooth and supple.

Protect Against UV Rays

Even though summer is over, UV rays can still damage your skin in the fall and winter. Apply a broad-spectrum sunscreen with at least SPF 30 every day, even on cloudy days. If you're spending extended time outdoors, reapply every two hours.

Sunscreen isn't just for your face. Don't forget areas like your neck, hands, and any exposed skin. Over time, consistent sunscreen use can reduce your risk of skin cancer and prevent premature aging.

Stay Hydrated

Your skin reflects what's happening inside your body. Drinking enough water helps keep your skin hydrated from the inside out. Aim for at least eight glasses of water a day, and consider adding hydrating foods like cucumbers, oranges, and watermelon to your diet.

Get Enough Sleep

Sleep is when your body repairs itself, and your skin is no exception. Lack of sleep can lead to dark circles, dull skin, and even breakouts. Aim for seven to nine hours of quality sleep each night to give your skin time to regenerate.

Avoid Smoking and Limit Alcohol

Smoking accelerates skin aging by breaking down collagen and reducing blood flow to the skin. Excessive alcohol consumption can dehydrate your skin and contribute to inflammation. Cutting back on both can lead to noticeable improvements in your skin's appearance.

The Importance of Skin Cancer Prevention

Skin cancer is the most common form of cancer in the United States, with millions of cases diagnosed each year. The good news? It's also one of the most preventable types of cancer.

National Healthy Skin Month emphasizes the importance of early detection and prevention. Regularly checking your skin for changes can help you spot potential issues before they become serious.

Perform Monthly Self-Exams

Set aside time each month to examine your skin from head to toe. Look for new moles, growths, or changes in existing spots. Use the ABCDE rule to identify warning signs:

Asymmetry: One half of the mole doesn't match the other.

Border: The edges are irregular or blurred.

Color: The mole has multiple colors or uneven shading.

Diameter: It's larger than a pencil eraser (about 6mm).

Evolving: The mole is changing in size, shape, or color.

If you notice any of these signs, schedule an appointment with a dermatologist as soon as possible.

See a Healthcare Provider Annually

Even if you don't notice anything unusual, it's a good idea to have a professional skin exam once a year. Healthcare providers, specifically dermatologists, are trained to spot subtle changes that you might miss. Early detection significantly improves treatment outcomes for skin cancer.

Caring for Your Hair and Nails

National Healthy Skin Month isn't just about your skin. It's also a great time to focus on your hair and nails, which are extensions of your skin and require similar care.

Hair Care Tips

Cold weather can leave your hair dry and brittle. Use a moisturizing shampoo and conditioner, and limit heat styling to prevent further damage. Consider adding a weekly deep-conditioning treatment to restore moisture.



Nail Care Tips

Your nails can reveal a lot about your overall health. Keep them clean and trimmed, and avoid biting or picking at them. Moisturize your cuticles regularly, and give your nails a break from polish every now and then to let them breathe.

Make Skin Health a Year-Round Priority

National Healthy Skin Month is a reminder to prioritize your skin, but these habits shouldn't end when November does. Consistency is key to maintaining healthy skin, hair, and nails.

Start by making small changes to your daily routine. Swap out harsh products for gentler alternatives. Commit to wearing sunscreen every day. Schedule that overdue dermatologist appointment. These simple steps can make a big difference over time.

Your skin works hard to protect you. This November, return the favor by giving it some love and care.



FDA-Approved Botox Dosage Guide: How Many Units Do You Need?

Botox has transformed the cosmetic treatment landscape, offering millions a way to reduce wrinkles and maintain a youthful appearance. But if you're considering Botox for the first time—or even if you've had it before—you might be wondering exactly how many units you'll need.

The truth is, there's no universal answer. Botox dosage varies based on the treatment area, the depth of your wrinkles, and your unique muscle activity. Understanding these factors can help you set realistic expectations and have more informed conversations with your healthcare provider.

This guide breaks down FDA-approved Botox dosages for the most commonly treated facial areas, so you know what to expect before your appointment.

What Are Botox Units?

Botox is measured in units, which refer to the amount of botulinum toxin type A in each injection. The number of units you need depends on the size and strength of the muscles being treated. Larger or more active muscles typically require more units to achieve the desired effect.

Your healthcare provider will assess your facial anatomy and muscle movement to determine the appropriate dosage. While FDA-approved guidelines offer a starting point, your treatment plan may be customized based on your individual needs.

Forehead Lines

Horizontal forehead lines are one of the most frequently treated areas with Botox. These lines develop from repetitive facial expressions like raising your eyebrows or showing surprise. Over time, they become more pronounced and may remain visible even when your face is at rest.

FDA-Approved Dose: 20 units

This dosage is typically distributed across several injection points along the forehead. The goal is to relax the frontalis muscle, which is responsible for



lifting the eyebrows and creating those horizontal lines. Results usually appear within a few days and last around three to four months.

Keep in mind that individual results may vary. Some people may need slightly more or fewer units depending on their muscle strength and the severity of their lines.

Frown Lines (Glabellar Lines)

Frown lines, also called glabellar lines or “11s,” are the vertical creases that form between your eyebrows. These lines can make you look tired, angry, or stressed—even when you’re feeling perfectly relaxed.

FDA-Approved Dose: 20 units

Botox is injected into the corrugator and procerus muscles, which pull the

eyebrows together and downward. By relaxing these muscles, Botox smooths out the vertical lines and creates a softer, more approachable expression.

This is one of the most popular treatment areas, and many patients report a noticeable improvement in how rested and refreshed they look after treatment.

Crow's Feet

Crow's feet are the fine lines that radiate from the outer corners of your eyes. They're often caused by smiling, squinting, or sun exposure, and they tend to become more visible as skin loses elasticity with age.

FDA-Approved Dose: 24 units (12 units per side)



Injections are placed around the orbicularis oculi muscle, which surrounds the eye. Relaxing this muscle helps soften the appearance of crow's feet while still allowing for natural facial expressions.

Many people choose to treat crow's feet along with forehead lines and frown lines for a more comprehensive rejuvenation of the upper face.

Jawline and Neck (Masseter and Platysmal Muscles)

Botox isn't just for wrinkles. It can also be used to contour the jawline and smooth the neck.

Masseter Muscles (Jawline Contouring)

The masseter muscles are located at the angle of your jaw and are responsible for chewing. In some people, these muscles can become enlarged due to genetics, teeth grinding, or jaw clenching. Injecting Botox into the masseter muscles can slim the lower face and create a more V-shaped or contoured appearance.

Platysmal Bands (Neck Lines)

The platysma is a thin muscle that runs down the front of the neck. Over time, it can create vertical bands or cords that become more visible when you talk or make certain facial expressions. Botox injections can relax these bands and smooth the appearance of the neck.

FDA-Approved Dose: 36 units

This dosage may be used for either jawline slimming or neck band treatment, depending on your goals. Your health-care provider will evaluate your anatomy and discuss which approach is best for you.

Factors That Influence Your Botox Dosage

While FDA-approved dosages provide a helpful baseline, your actual treatment may differ. Here are a few factors that can influence how many units you need:

Muscle Strength: Stronger or more active muscles may require higher doses to achieve the desired relaxation.

Treatment Goals: Some patients prefer subtle results, while others want a more dramatic effect.

Previous Treatments: If you've had Botox before, your healthcare provider may adjust your dosage based on how your muscles responded.

Gender: Men typically have larger and



stronger facial muscles, which often means they need more units than women.

Your injector will take all of these factors into account when creating your personalized treatment plan.

Ready to Refresh Your Look?

Understanding Botox dosage is an important step in making an informed decision about cosmetic treatment. Whether you're targeting forehead lines, crow's feet, or looking for jawline contouring, knowing the FDA-approved guidelines can help you feel more confident going into your appointment.

Remember, every face is unique. The best way to determine how many units of Botox you need is to schedule a consultation with one of our qualified, experienced healthcare providers who can assess your individual needs and create a personalized treatment plan. Ready to take the next step? Book a consultation today and discover how Botox can help you look and feel your best.

