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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



National Rosacea Awareness Month: Understanding and Managing Rosacea

April marks National Rosacea Awareness Month, an initiative led by the National Rosacea Society to raise awareness about this chronic inflammatory skin condition. Affecting an estimated 16 million Americans, rosacea often goes undiagnosed, creating unnecessary discomfort and worsening symptoms over time. The goal of Rosacea Awareness Month is to educate the public, encourage individuals to seek medical help early, and foster greater compassion and understanding for those living with this condition. Early diagnosis and effective treatments can greatly improve quality of life for rosacea patients, and we're here to share insights, innovative solutions, and support.

At Exceptional Dermatology Care, we're dedicated to helping rosacea patients find

relief through specialized treatments like our VBeam laser therapy and ISDIN's Melatonik serum. Read on to learn about the treatments we offer and the promising advancements in rosacea management.

What is Rosacea?

Rosacea is a chronic, inflammatory skin condition that primarily affects the central areas of the face, including the cheeks, nose, chin, and forehead. Though its exact cause is unknown, researchers believe it may be linked to a combination of genetic and environmental factors. It often manifests as persistent redness, flushing, visible blood vessels (telangiectasia), and in some cases, red bumps or pus-filled blemishes that resemble acne. Beyond the skin, some people with rosacea also experience ocular symptoms, such as irritation, dryness, or swollen eyelids, a condition known as ocular rosacea.

One of the challenges of rosacea is its



unpredictable nature. Symptoms may flare up for weeks or even months and then diminish temporarily. Common triggers can vary widely between individuals and often include factors like hot or cold weather, spicy foods, stress, or certain skincare products. Without proper treatment and management, rosacea can progressively worsen, leading to more pronounced skin changes, such as thickened skin around the nose, a condition known as rhinophyma. While there is no permanent cure for rosacea, understanding the condition and taking proactive steps to manage it can make a significant difference in maintaining healthy, comfortable skin.

The good news? With proper care, many people see significant symptom improvement. At Exceptional Dermatology Care, we offer a range of options to help you take back control of your skin.

VBeam Treatments for Rosacea

One of the most effective tools we use to treat rosacea is VBeam, a pulsed dye laser that directly targets redness and visible blood vessels. VBeam treatments are non-invasive, delivering light energy to reduce inflammation and eliminate dilated blood vessels, leaving you with clearer and calmer skin.

VBeam is an excellent choice for those seeking a targeted solution for rosacea symptoms. It's safe, effective, and typically requires minimal downtime. If redness and spider veins are something

you're battling, VBeam might be your next step toward healthier-looking skin.

The VBeam laser works by delivering targeted pulses of light energy directly into the skin, where it is absorbed by the blood vessels causing redness and inflammation. This process, known as selective photothermolysis, helps to effectively reduce the appearance of redness and eliminate broken capillaries without damaging the surrounding tissue. Over a series of treatments, the skin's tone and texture are visibly improved, resulting in a clearer complexion.

One of the standout features of the VBeam laser is its versatility. It is not limited to treating only rosacea but is also widely used for a range of other conditions such as port wine stains, facial veins, angiomas, and even acne scars. Additionally, the cooling system integrated into the laser device ensures comfort during the procedure, minimizing discomfort and protecting the skin from overheating. VBeam is suitable for a variety of skin types, making it an accessible option for many individuals dealing with vascular-related skin concerns. If you're looking for a long-term solution to persistent redness or unsightly veins, VBeam offers a cutting-edge approach to achieving smoother, healthier skin.

ISDIN's Melatonik Serum for Skin Recovery

To complement our clinical treatments, we also carry ISDIN's Melatonik Serum.

This 3-in-1 formula combines melatonin, bakuchiol, and vitamin C to promote overnight skin recovery. But what makes it an ideal option for rosacea patients?

Melatonin offers intriguing benefits for managing rosacea through its anti-inflammatory and antioxidant properties:

Reduced Skin Inflammation – Rosacea is an inflammatory condition, and melatonin's anti-inflammatory nature can help calm redness and irritation.

Protection from Free Radicals – Melatonin acts as a potent antioxidant, shielding your skin from environmental damage and oxidative stress, a known rosacea trigger.

Improved Sleep Quality – Sleep quality often impacts skin health. Melatonin's



role in regulating sleep cycles may have an indirect benefit for people managing rosacea.

Vascular Support – Melatonin can normalize nerve-blood vessel interactions, which often become dysregulated in rosacea, helping reduce visible redness.

Emerging research also suggests that melatonin levels may decline in perimenopausal women with rosacea, making it a promising area of focus for further research. For patients seeking hydration, protection, and overnight skin repair, IS-DIN's Melatonik is an excellent addition to their regimen.

Understanding the Importance of Early Diagnosis

One of the key messages of Rosacea Awareness Month is the importance of early diagnosis and treatment. Many people with rosacea delay seeking help, often mistaking their symptoms for acne, sunburn, or simply sensitive skin that will resolve on its own. This misunderstanding can lead to prolonged discomfort and frustration, as well as missed opportunities to manage the condition effectively in its earliest stages. In reality, rosacea is a chronic inflammatory skin condition that typically does not go away without proper care—and when left untreated, it can gradually worsen over time.

As rosacea progresses, symptoms may become more persistent and noticeable, including ongoing facial redness, visible

blood vessels (also known as telangiectasia), bumps and pimples, and increased skin sensitivity. In more advanced cases, individuals may even experience thickened skin or changes in texture, particularly around the nose. Beyond the physical effects, rosacea can also take a toll on self-confidence and emotional well-being, making early intervention all the more important.

Seeking timely medical care allows for an accurate diagnosis and a personalized treatment plan tailored to your specific symptoms and triggers. Identifying common triggers—such as sun exposure, stress, certain foods, or environmental factors—can play a major role in reducing flare-ups and improving overall skin health. Today, a wide range of effective treatment options is available, including prescription medications, topical therapies, laser and light-based treatments, and advanced skincare formulations designed to soothe and protect sensitive skin.

With the right approach, rosacea can be successfully managed, helping you maintain clearer, healthier skin and prevent further progression. Whether you've been living with rosacea for years or are just beginning to notice early signs, taking that first step toward professional care can make a significant difference. Our team at Exceptional Dermatology Care is dedicated to providing expert guidance every step of the way, empowering you to take control of your skin and feel confident in your care.



Say Goodbye to Tired Eyes with Restylane Eyelight

You might be getting a full eight hours of sleep every night, drinking plenty of water, and maintaining a healthy routine. Yet, you still wake up, look in the mirror, and see dark shadows staring back at you. Under-eye hollows can be incredibly stubborn. They often resist the best eye creams, concealers, and cold compresses on the market.

This common frustration happens because those dark circles are frequently caused by volume loss rather than a lack of rest. As we age, the delicate skin under our eyes naturally thins, and the fat pads shift. This creates a depression known as a tear trough. Shadows fall into these hollows, creating a perpetually tired appearance that makeup can only temporarily disguise.

Fortunately, modern cosmetic dermatology offers a highly effective, non-surgical

solution. Restylane Eyelight is a specialized dermal filler designed specifically to address this exact concern. By reading this guide, you will understand how this FDA-approved treatment works, why its unique formulation is ideal for the under-eye area, and how it can help you achieve a naturally refreshed appearance.

Understanding Infraorbital Hollowing

Before looking at the solution, it helps to understand the problem. Infraorbital hollowing refers to the sunken area between your lower eyelid and your upper cheek. Dermatologists and plastic surgeons often call this the tear trough.

Several factors contribute to the development of tear troughs. Genetics play a significant role, meaning some people naturally have deeper hollows from a very young age. Bone structure and facial anatomy dictate how shadows form across your face. Bone loss and a reduction in collagen production

cause the skin to lose its elasticity as the years go by. The fat pads under the eyes also diminish and slide downward. When this area loses volume, the orbital bone becomes more prominent. Overhead lighting casts shadows into the newly formed depression. The result is a tired, aged look that does not accurately reflect how energetic or rested you actually feel.

How Restylane Eyelight Works

Restylane Eyelight provides a targeted approach to infraorbital hollowing. It is an FDA-approved dermal filler formulated to replace lost volume in the tear trough area. The primary ingredient is hyaluronic acid, a naturally occurring substance in the human body that keeps our skin hydrated and plump.

The Power of Hyaluronic Acid

Hyaluronic acid is famous for its ability to attract and retain moisture. When formulated as a dermal filler, it acts like a tiny sponge. It holds onto water to gently lift and smooth the skin from beneath. Because your body naturally produces hyaluronic acid, the material is highly biocompatible. It integrates smoothly into your facial tissues, providing a very natural look and feel.

Advanced NASHA Technology

What makes Restylane Eyelight truly unique is its manufacturing process. It utilizes patented NASHA (Non-Animal





Stabilized Hyaluronic Acid) technology. This specific formulation creates a firm, cohesive gel.

Different areas of the face require different types of fillers. A soft, highly flexible filler is great for lips, but the under-eye area demands stability. You need a product that stays exactly where the injector places it. The firm texture of NASHA technology provides precise lift and targeted support for the delicate skin of the tear trough. It does not easily spread or migrate to surrounding tissues. This stability prevents the filler from looking puffy or unnatural, ensuring your eyes look bright and well-rested.

What to Expect During the Procedure

Getting dermal fillers for the first time

can feel intimidating. Knowing the steps involved can help you feel relaxed and confident.

Your journey begins with a thorough consultation. A qualified healthcare provider will assess your facial anatomy, review your medical history, and discuss your aesthetic goals. They will determine if Restylane Eyelight is the right choice for your specific type of under-eye shadowing.

The actual injection process is quite fast. Providers often apply a topical numbing cream to ensure your comfort. They then use a very fine needle or a blunt-tipped cannula to carefully place the gel into the tear trough. The provider gently massages the area to ensure the product is perfectly smooth and evenly distributed. The entire treatment usually takes less than 30 minutes.

You will notice an immediate improvement in your under-eye hollows before you even leave the clinic. The shadows will be visibly reduced, and the transition between your lower eyelid and cheek will look significantly smoother.

Long-Lasting, Youthful Results

One of the most appealing aspects of Restylane Eyelight is its durability. The stability of the NASHA gel formulation means the body breaks it down very slowly. Patients can enjoy their refreshed, youthful appearance for a long

time. Clinical studies and patient experiences show that the results of Restylane Eyelight typically last between 12 and 18 months. Once the body eventually absorbs the hyaluronic acid, you can safely schedule a maintenance appointment to keep your eyes looking bright.

Frequently Asked Questions About Restylane Eyelight

Is the treatment painful?

Most patients report very minimal discomfort. Providers use topical anesthetics to numb the skin beforehand. The Restylane Eyelight formula also contains lidocaine, a mild local anesthetic, which helps reduce pain during and after the injection.

What is the recovery time?

There is virtually no downtime required. You can return to work and resume your normal daily activities immediately after your appointment.



Are there any common side effects?

Like any injection, minor side effects are possible. The most common reactions include slight redness, minor swelling, and mild bruising at the injection site. These effects are generally mild and resolve on their own within a few days to a week.

Ready to Refresh Your Look?

Dark circles and deep tear troughs no longer have to dictate your daily appearance. You can step away from heavy concealers and color correctors. Restylane Eyelight offers a safe, stable, and highly effective way to restore lost volume and eliminate under-eye shadows.

The advanced NASHA technology provides the exact lifting capacity needed for this delicate facial region, delivering results that last up to a year and a half. By choosing an FDA-approved solution, you are prioritizing both safety and predictable outcomes.

If you are tired of looking tired, take the next step. Schedule a consultation with one of our qualified healthcare providers today. They can evaluate your under-eye concerns and help you achieve the bright, youthful, and refreshed appearance you deserve. With personalized treatment options and expert guidance, you can feel confident knowing your care is tailored to your unique needs.



Dysport Guide: The Fast-Acting Wrinkle Relaxer

Fine lines and deep creases can easily change how you feel about your appearance. Fortunately, non-surgical cosmetic treatments offer effective solutions for smoothing out the skin and restoring your confidence. Dysport stands out as a highly popular, fast-acting option. This FDA-approved injectable neurotoxin targets specific muscle groups to significantly reduce the appearance of moderate to severe wrinkles.

Researching cosmetic options can often feel overwhelming. This overview breaks down exactly what Dysport is, how it works, and what you can expect from the treatment process. By the end, you will understand why so many people choose this specific injectable to address stubborn facial lines.

What is Dysport?

Dysport is a prescription injection designed to temporarily improve the look of moderate to severe frown lines. Healthcare professionals use it primarily for adults wanting a smoother facial appearance without undergoing invasive cosmetic surgery. The formula utilizes a purified botulinum toxin that specifically targets and reduces muscle activity in the face.

How This Injectable Neurotoxin Works

Everyday facial movements like squinting, smiling, and frowning cause your skin to fold. Over time, these repeated

muscle contractions create permanent, visible lines. Dysport interrupts this biological process.

When a healthcare provider administers the injection, the neurotoxin blocks the signal traveling from the nerve to the muscle. This temporary block relaxes the targeted muscle and prevents the skin above it from creasing. Because Dysport spreads slightly from the injection site, it provides a very natural, feathered look that avoids the “frozen” appearance some patients fear.

Frown Lines

Also known as glabellar lines, these vertical creases appear between the eyebrows. They often make people look angry or tired. Dysport softens these lines, creating a much more rested and approachable look.

Forehead Creases

Horizontal lines across the upper face respond exceptionally well to neurotoxin treatments. Relaxing the forehead muscles smooths the skin while still allowing you to express emotion naturally.

Crow's Feet

These delicate, fine lines radiate from the outer corners of the eyes. By carefully relaxing the surrounding muscles, your provider can help smooth this sensitive skin and brighten your overall eye



area.

The Timeline: When Will You See Results?

Many people seek out cosmetic treatments right before a big event, holiday, or vacation. Dysport delivers on speed. Most patients notice a visible improvement within just two to three days after their appointment. The treated muscles gradually relax over this short period, and the skin smooths out beautifully. Once the neurotoxin takes full effect, the results typically last up to four months. The exact duration depends on your individual metabolism, your daily activity levels, and the specific dosage your provider used.

Take the Next Step Toward Smoother Skin

Understanding your cosmetic options empowers you to make the best possible decisions for your confidence and well-being. Dysport offers a proven, fast-acting solution for individuals struggling with moderate to severe facial lines.

If you want to explore how this treatment can benefit your specific skin concerns, schedule a consultation with a healthcare provider at Exceptional Dermatology Care today. They can thoroughly assess your facial anatomy, answer your questions, and create a customized treatment plan tailored entirely to your aesthetic goals.

