NOVEMBER 2026

EXCEPTIONAL DERMATOLOGY



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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 acisneros@pacificderm.net

CONTACT

2720 N Harbor Blvd Ste. 205
Fullerton, CA 92835

(714) 882-5525

www.exceptionaldermatology.com



Q&A with Adriana Laze, RN, BSN, DNC

Why Fall Is the Perfect Time to Refresh Your Skin with MOXI® Laser

As the seasons change, you may notice uneven skin tone, pigmentation, rough texture, and early signs of aging becoming more apparent. November is an ideal time to focus on skin rejuvenation, address accumulated sun damage, and restore a brighter, smoother-looking complexion.

We sat down with Adriana Laze, RN, BSN, DNC, our dermatology-certified registered nurse with more than 20 years of experience in laser technology, to discuss why MOXI® laser is a popular choice for seasonal skin rejuvenation and what patients should know before treatment.

Q: Why is fall such a popular time for laser treatments like MOXI?

Adriana: Fall is a great time to give your skin some extra attention after the

the summer months. Many people notice increased pigmentation, uneven skin tone, and changes in skin texture following periods of sun exposure. As outdoor activities and direct sun exposure often decrease during fall and winter, patients may find it easier to follow the sun-protection guidelines that are important after laser treatments. It's a wonderful opportunity to address those concerns and get your skin looking refreshed heading into the holiday season.

Q: What exactly is MOXI® laser, and how does it work?

Adriana: MOXI is a gentle, non-ablative fractional laser treatment designed to improve the appearance of early signs of sun damage and aging. It uses a 1927nm wavelength to create controlled microthermal treatment zones in the skin, stimulating the body's natural renewal process.

The treatment helps improve uneven pigmentation, skin tone, and texture while promoting a smoother, more radiant complexion. It's also a great option for patients interested in preventative skin rejuvenation, even if they aren't experiencing significant signs of aging yet.



Q: What skin concerns can MOXI help improve?

Adriana: MOXI is versatile and can address several common skin concerns, including:

- Uneven skin tone and complexion
- Sun damage and superficial pigmentation
- Age spots and discoloration
- Rough or uneven skin texture
- Early visible signs of aging

It's especially appealing to patients who want to maintain healthy-looking skin and take a proactive approach to skin rejuvenation.

Q: Is MOXI a good option for someone who has never had a laser treatment before?

Adriana: Absolutely! One of the things I love about MOXI is its versatility. It offers a gentler approach to laser resurfacing, making it an appealing option for patients who are new to laser treatments or want to incorporate preventative treatments into their skincare routine.

Treatment settings can be customized based on your skin type, concerns, and desired results. During your

consultation, we'll evaluate your skin and determine the most appropriate treatment approach.

Q: What should patients expect during and after their MOXI treatment?

Adriana: MOXI is a relatively quick treatment, making it easy to fit into a busy schedule. A typical treatment session takes approximately 8–10 minutes for the laser portion, depending on the treatment area, although additional time is needed for preparation and numbing when appropriate.

After treatment, you may experience some redness, warmth, and a slightly rough or sandpaper-like texture as your skin heals. You may also notice tiny darkened spots called MENDs, which are part of the skin's natural renewal process. These typically begin to shed within several days.

Most patients experience minimal downtime, but it's important to follow your post-treatment instructions, keep your skin moisturized, and protect it with a broad-spectrum mineral sunscreen.

Q: How many MOXI treatments will I need to see results?

Adriana: That depends on your individual skin concerns and goals. Some patients notice improvements after one treatment, while others benefit from a series of treatments for more noticeable or longer-lasting improvements. We generally recommend a series of treatments spaced several weeks apart, depending on the patient's needs and treatment intensity.

My goal is always to develop a treatment plan that makes sense for your skin rather than taking a one-size-fits-all approach.

Q: What's your biggest piece of advice for patients considering MOXI this fall?

Adriana: Don't wait until you start noticing significant changes in your skin to take care of it! Preventative skincare is just as important as corrective skincare. MOXI is a great way to be proactive about maintaining your skin's appearance and addressing early concerns before they become more noticeable.

Most importantly, remember that professional treatments work best when paired with a consistent skincare routine and daily sun protection. Taking care of your skin is an investment in its long-term health and appearance.

Ready to give your skin a fall refresh? Whether you're looking to address summer sun damage, improve uneven skin tone, or simply maintain a healthy, radiant complexion, MOXI® laser may be the treatment you've been looking for.

Schedule a consultation with Adriana Laze, RN, BSN, DNC, at Exceptional Dermatology Care to discover whether MOXI is right for your skin.



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.



Is November the Right Time for Your Chemical Peel?

As November arrives, it's the perfect time to give your skincare routine a seasonal refresh. With cooler temperatures, changing humidity levels, and the holiday season approaching, many people are looking for ways to achieve a smoother, brighter-looking complexion. If you've been considering a chemical peel, late fall and early winter may be an excellent time to explore your options.

But is fall really the best time for a chemical peel? Let's look at the benefits, what to expect, and how to determine whether this treatment is right for your skin.

What Is a Chemical Peel?

A chemical peel is a professional skincare treatment that uses a carefully selected

chemical solution to exfoliate the skin. Depending on the formula and depth of the peel, it can help improve the appearance of uneven skin tone, rough texture, fine lines, and certain types of acne.

By encouraging the shedding of dead skin cells, chemical peels support skin renewal and can reveal a smoother, more radiant complexion. Treatments range from gentle exfoliation with minimal downtime to deeper peels that require a longer recovery period.

Because every complexion is different, a qualified skincare professional can help determine which type of peel best suits your skin concerns, skin type, and treatment goals.

Why November Can Be a Great Time for a Chemical Peel

1. Less Intense Sun Exposure: One of the main reasons late fall and winter are popular times for chemical peels is that many people spend less time outdoors in intense sunlight. After a peel, your skin may be more sensitive to UV exposure, making sun protection especially important during recovery.

November can offer a convenient opportunity to schedule treatment when outdoor activities may be less frequent. However, UV rays are present year-round, even on cloudy days, so daily sunscreen remains essential.

Use a broad-spectrum sunscreen with SPF 30 or higher, limit excessive sun exposure, and follow your provider's aftercare recommendations to help protect your results.

2. Refresh Your Skin for the Holiday Season: With Thanksgiving gatherings, holiday parties, and end-of-year celebrations approaching, November is a popular time to focus on your complexion.

Depending on the type of peel, treatment may help improve the appearance of dullness, uneven texture, and certain pigmentation concerns. The result can be skin that looks fresher and more even-toned.

Timing is important, though. Some peels cause temporary redness, dryness, or visible peeling. If you have an important event coming up, schedule your treatment well in advance to allow adequate recovery time. Your provider can recommend an appropriate timeline based on the peel's depth and your skin's needs.





3. Support Your Winter Skincare Routine: As the weather cools, changes in temperature, indoor heating, and humidity can leave skin feeling dry or tight. This makes November an ideal time to reassess your skincare routine.

A chemical peel may complement a personalized skincare plan, but preparation and aftercare matter. Your provider may recommend adjusting certain products before treatment and focusing on gentle cleansing and moisturizing while your skin heals.

Healthy skin starts with consistent care, so think of a chemical peel as one part of a broader approach to maintaining a radiant-looking complexion.

4. Start Working Toward Your Skincare Goals: If you have been considering professional skin treatments, November can be a practical time to get started. Depending on your goals, you may benefit from a series of treatments rather than a single session.

Beginning with a consultation allows you to discuss your concerns, understand potential downtime, and create a realistic treatment plan. Starting early also gives you time to evaluate how your skin responds before considering additional treatments.

Is November the Right Time for Your Chemical Peel?

November can be an excellent time to plan a chemical peel, thanks to the opportunity to adjust your skincare routine, potentially reduced sun exposure, and time to prepare for the holiday season. Cooler weather may make it easier to limit certain outdoor activities while your skin heals, although UV protection remains essential year-round. With the right treatment, you can address specific skin concerns and work toward a smoother, brighter-looking complexion.

Keep in mind that the best time for a chemical peel depends on your individual skin type, lifestyle, and treatment goals. Some peels require little downtime, while others involve several days or longer of recovery. A consultation with our qualified healthcare providers can help you determine which treatment is appropriate for your needs, what results to expect, and how to prepare your skin for the best possible outcome. **Ready to refresh your complexion this season? Now is a great time to explore your options and create a personalized plan.**