



Dermatologist In Newport Beach Releases Blog Post On Reversing Sun Damage

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Dr. Stefani Kappel, a dermatologist based in Newport Beach, California, has recently published a blog post detailing how to care for sun damaged skin, and possibly reverse some of its effects.

With fall around the corner, she notes that many people may have spent a little too much time outside during their summer activities, resulting in overexposure to the sun. According to experts, beyond sunburns sun damage can show up as wrinkles, spots, splotches, and even later on as blackheads on the face or arms.

"Sunburns are the obvious first sign that sun damage has occurred," Dr. Kappel says. "But while a sunburn can be immediately treated, other signs of sun damage tend to pop up over time due to daily sun exposure. Hopefully I can give some helpful advice to those looking to reverse some of their issues."

Stefani T Kappel MD notes that exfoliating goes a long way to rejuvenating the skin. The topmost layer of skin, she says, is mostly dead skin cells that can make the skin look splotchy. These dead cells can also cause blemishes and blackheads on the face. "Buying a specialized scrub can help to get rid of these dead cells," Dr. Kappel says. "Using a loofah to scrub away these cells can rejuvenate the skin as well."

Long-term sun damage can also occur in the form of sunspots. Sunspots are spots that are brown in color that can appear anywhere on the body, but are most often seen on the hands or the face. Dr. Kappel notes that while many people can treat sunspots at home, many want to come to the dermatologist to get them treated. "I'm highly trained to use energy-based products such as lasers to help treat sunspots if you feel at-home treatment is not working for you," Dr. Kappel says.

Another way for people to help treat sun damage is to hydrate themselves inside and out, the dermatologist Newport Beach residents rely on advises. "Of course, drinking plenty of water is the best way to keep hydrated on the inside, but it's also important for your skin too," she says. "The sun can suck up the moisture, leaving your skin dry and with an uneven complexion." She notes that on top of drinking water, using a skin moisturizer will help to prevent dry skin. She advises looking for a moisturizer that is formulated specifically for sun damaged skin.

The easiest way for people to prevent sun damage before it happens, Dr. Kappel says, is to wear sunscreen every time they go outside. "It's the most obvious piece of advice, but wearing sunscreen whenever you go out, no matter how long you'll be outside, is the number one way to prevent sun damage," she says. "Not only will you be protected from sunspots and blackheads, but you'll be taking a proactive approach to preventing skin cancer."

Though these treatments can be made at home, Dr. Kappel states that patients are more than welcome to get their skin checked in her office. "Not everyone feels comfortable treating sun exposure on their own," she says. "You're more than welcome to make an appointment with my office and we'll find a treatment that's right for you."

On top of offering a number of skin care treatments as a result of sun exposure, Dr. Kappel also offers a number of cosmetic procedures as well. While lip augmentation and Botox procedures are two of her most popular offerings, Dr. Kappel also offers other minimally-invasive procedures such as RF Microneedling, Cryolipolysis, Tumescant Liposuction, fat reduction, and more.

Dr. Kappel stresses that she strives to educate her patients to make sure that an informed decision is made for any procedure or treatment. Her goal is to ensure that her patients get the best procedure that will make them look their most healthy, young, natural selves.

The results have gained Dr. Kappel a 5-star rating on Yelp. Elena K. in her 5-star review said, "Everyone made me feel so welcome when I arrived and Dr. Kappel is just the sweetest and went over the whole process with me [...] I had what seemed like a million questions about my skin discoloration, bumps, cellulite... I now have a better face routine and a game plan for my skin for future. Super happy with everything I've

learned. I got Botox and even the way she does that is very gentle and quick. Can't wait to come back for my next appointment."

Those who are interested in learning more about what Dr. Kappel offers can do so by visiting her website at <http://stefanikappelmd.com/>. Not only will readers find more information about skin care and the procedures offered, they can also book an appointment.

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Dr. Kappel's areas of expertise include cosmetic dermatology, body contouring and Mohs Micrographic Surgery.

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