

# PATIENT INSTRUCTIONS

## Sun Protection

- The Ultraviolet Radiation in sunlight is very harmful to skin, especially children (sunburns and deep tans in children greatly increases the chances of cancer later in life).
- Sun exposure causes premature aging of skin, cancers, and many other skin lesions.
- Harmful radiation from the sun is not limited to hot summer days but occurs all year long, goes through glass windows, and occurs even when there is cloud cover.
- Most people fail to protect themselves adequately or apply sunscreen correctly.

### Ultraviolet Radiation (UVR)



- There are 3 forms of UVR – UVA, UVB, and UVC
- UVA is long wavelength, penetrates through glass, penetrates deep into your skin
- UVC is the shortest wavelength and is the most toxic but is mostly blocked by the ozone
- It is important that you protect yourself and your children from both UVA and UVB

### Sunscreens and Sun Blocks

- Apply broad spectrum sunscreen liberally, (UVA and UVB blocking – “Broad Spectrum”) of at least SPF 30.
- Apply after any topical medication and before any cosmetics/makeup.
- A wide brim hat that casts a shadow on your face is a valuable addition to sunscreen.
- Most people do not apply enough:
  - Apply a nickel-sized amount to your face alone
  - Apply 2 tablespoons (enough to fill a shot glass) to exposed areas (don’t forget your ears, back of your neck, and back of your legs)
  - If using a spray, apply until an even sheen appears on the skin and make sure to rub it into the skin
  - Re-Apply after swimming, heavy perspiration, toweling off, or every 2 hours



### Recommendations Based on Ingredients & Evidence

#### Suggested Facial Sunscreens:

[La Roche Posay Anthelios XL Lotion SPF 60](#), [La Roche Posay Anthelios Mineral Tinted Ultra Fluid Lotion SPF 50](#), [La Roche Posay Anthelios Ultra-Fluid SPF 50+](#), [La Roche Posay Anthelios Dermo-Kids SPF 50](#), [Vichy Capital Soleil Anti-Shine Dry Touch Lotion SPF 60](#), [Vichy Capital Soleil Sport Lotion SPF 60](#), [Avène Mineral Fluid SPF 50+](#), [Neutrogena Clear Face Sunscreen Lotion SPF 50](#)

#### Suggested moisturizers with added sun protection:

[CeraVe AM Facial Moisturizing Lotion SPF 30](#), [CeraVe Ultra-Light Moisturizing Lotion SPF 30](#), [Cetaphil Daily Facial Moisturizer SPF 50](#), [Cetaphil Dermacontrol Oil Control Moisturizer SPF 30](#)