



NORTHEAST SURGERY CENTER LLC

State-of-the-Art Care



Tips about Sunscreen Use

1. Indoors

SPF 15 is adequate when you don't expect to be subject to prolonged sun exposure. An example would be if you are spending the majority of your time Indoors. SPF 15 is present in many facial moisturizers.

2. Outdoors

SPF 30 (minimum) is adequate when you are outdoors. We recommend using a broad spectrum sunscreen SPF 30 +. Broad spectrum sunscreens protect from both UVA and UVB rays. Apply sunscreen fairly thickly, leaving a thin film on the skin rather than rubbed in thoroughly. Apply sunscreen 15 to 30 minutes before sun exposure and reapply every 2 hours if you are swimming or sweating (UV penetrates water!) The higher the SPF number, the greater the protection. Sun blocks don't provide complete sun protection!

3. Choosing the right sun screen for you is really important.

We recommend going to the nearest pharmacy or drug store and purchasing a couple of brands that appeal to you that are at least SPF 30 with UVA and UVB protection and try them out on your skin. Use one that is not irritating and can be applied to your skin smoothly. Neutrogena, Aveeno and Coopertone have a wide range of sunscreen products from which you can choose. If you have sensitive skin, we recommend choosing sunscreen for sensitive skin or sunscreen for babies. These sunscreens have fewer chemicals that can cause irritation. Finally, check your sunscreen to be sure it has not expired.

4. Minimize Your Exposure

Stay out of the sun in the summer between 10:00 a.m. and 4:00 p.m. (daylight savings time). Protect your eyes with UV protective lenses. Try to cover up with a broad-brimmed hat, long sleeves (tightly woven cloth and dark colors). Avoid surfaces that reflect the sun such as snow, sand, white boat decks. UV damage is cumulative!



Quick Facts

- **UVA** – Can penetrate clouds and glass. Tanning booths primarily use UVA rays
- **UVB** – The intensity of UVB varies by season, the time of day, altitude and environment and helps in the production of vitamin D.
- **Vitamin D** - If you are avoiding the sun, vitamin D3 supplements are wise. A typical adult needs at least 1000 IU per day of vitamin D3.

- **Sun Risks:**
 - Causes non-melanoma skin cancers, particularly on the face, nose, ears and lips
 - Causes about 65% of melanoma skin cancers
 - Suppresses the skin's immune system
 - Reacts badly with some medications
 - Creates age spots and freckles
 - Breaks down collagen fibers, accelerating wrinkles and sagging and causes premature aging of the skin



You and Your Skin

Take the time to become aware of your skin, and visit your primary care physician or your dermatologist if you find any new, changing, rough, discolored, crusty, bleeding, or bumpy spot(s) appearing anywhere on your body

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