

BAUCOM & MINA DERM SURGERY, LLC

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SUNSCREENS

We recommend an SPF 30 (Sun Protection Factor) or higher; *SPFs higher than that if you plan to be outdoors all day or are at the beach.

Use it daily! 80% of all skin cancers occur on the head and neck, mostly due to day-to-day exposure to the sun that we do not really think about.

- Put in on in the morning after you brush your teeth or shave.
- Do not forget the backs of your hands, forearms and upper chest- any exposed areas.
- If you have short hair, be sure to apply to ears and back of neck.
- Consider a lip block (many varieties of "chapstick" have sunblock).

Water resistant sunscreen will be a better choice if you are likely to be perspiring or swimming. *Be sure to apply water resistant sunscreen to dry skin* (prior to swimming/perspiring) in order for it to bind to the skin correctly. Some newer sunscreens can be applied to wet skin and they are indicated as such.

Recommended Waterproof Sunscreens:

- Coppertone Sport (spray on version available)
- Pre-Sun or Pre-Sun Ultra
- Aveeno "Continuous Protection" Active
- Banana Boat Sport
- Neutrogena -Sport or Sport Face
 - Ultra Sheer
 - Wet Skin

Moisturizers often have sunscreen "built in". If you already use a daily moisturizer in the morning, just be sure to choose a product that has sunscreen in it. Products that have some zinc and or titanium oxide (physical UV blocking agents) may do a better job with broader UV coverage.

- Cetaphil Daily Facial Moisturizer With Parsol 1789
- Elta MD UV Clear- a zinc based block available through dermat offices or Amazon
- Oil of Olay (with UV protection)
- Aveeno Products
- Eucerin Daily Protective Lotion
- Lubriderm Daily UV
- Neutrogena
 - Healthy Skin
 - Daily Defense (Comes in tinted or untinted)

Physical blockers such as Titanium or **especially Zinc Oxide** also provide broader UVA coverage. UVA blockage is particularly helpful if you are very fair skinned, outdoors a lot, or if you want to minimize the aging effects of sunlight.

Parsol 1789 is a sunscreen agent that blocks a broader spectrum of ultraviolet rays.. (Look for it on the label) "Mexoryl " and "Helioplex" are two new agents that stabilize Parsol and help it last longer. *Mexoryl containing sunscreens may do a better job of blocking UVA (the "tanning/freckling" and "wrinkling" rays)*

-LaRoche-Posay Mexoryl or Anthelios SX -available by the pharmacy register at CVS drugstores

These are just some of the many excellent brands available. The most important idea is that you use sunscreen regularly.