

CENTER FOR DERMATOLOGY, COSMETIC AND LASER SURGERY

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SUN PROTECTION/SUNSCREEN **SUN PROTECTION IS VERY IMPORTANT**

Excessive sun exposure can result in wrinkles, brown spots and discoloration, roughness and thinning of the skin, as well as skin cancer. Please avoid sun exposure between 10:00 a.m. and 3:00 p.m. when the sun rays are most powerful. Use a sunscreen SPF 30-50, UVA + UVB protective with **Zinc Oxide** or **Titanium Dioxide** as one of the ingredients. Wear sun protective clothing, a hat, and any one of the sunscreen listed below. Apply before makeup and over your medicated or non-medicated products or moisturizer. Please reapply the sunscreen every 2-4 hours if you are in the sun or swimming. Cream and lotion sunscreens are better than spray sunscreens, but the spray ones are convenient for the beach, etc. The signs/symptoms of skin cancer are any mole or growth that is increasing in size, changing shape or color, or is symptomatic, itching, burning, bleeding, or not healing). Please visit our website @ www.centerforderm.com to learn more about sun protection and skin cancer in the links or medical dermatology section.

SUNSCREENS AVAILABLE AT THE CENTER:

- **Elta 46-UV Clear**- Broad-Spectrum SPF 46, 9% Zinc Oxide.
- **Elta UV Elements Physical (tinted)** – Broad-Spectrum SPF 44, 10% Zinc Oxide, 5.5% Titanium Dioxide, paraben and chemical free, 40-minute water resistant.
- **Elta UV Sport** – Broad-Spectrum SPF 50 Full body sunscreen, 9% Zinc Oxide, 7.5% Octinoxate, 5.0% Octisalate, 80-minute water resistant.
- **SkinCeuticals Physical Fusion (tinted)**- Broad-Spectrum SPF 50, 5% Zinc Oxide, 6% Titanium Dioxide, paraben and chemical free, 40-minute water resistant.
- **ColoreScience Loose Mineral Powder** – Broad-Spectrum SPF 50, 24.1% Zinc Oxide, 23.9% Titanium Dioxide, 80-minute water resistant. Three shades available. Good for patients with sensitive skin.

SUNSCREENS AVAILABLE AT PHARMACIES:

- **Neutrogena Helioplex**- Broad-Spectrum SPF 55 or SPF 70.
- **Neutrogena Pure and Free Baby**- Broad-Spectrum SPF 60. Good for patients with sensitive skin.
- **Vanicream**- Broad-Spectrum SPF 50. Good for patients with sensitive skin.

Website: <http://www.centerforderm.com>

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