

LeDerm Laser Medical Aesthetics

922 Waltham St. Lexington MA 02421
781-862-8100

LeDerm's Guidelines for Sun Protection

Part of Fruit on the Beach ©



1. Natural radiant skin is in, it's the "new beauty [ideal](#)"
2. Use bronzing powders for that just kissed by the sun effect. But learn how to apply them for a natural look - Brow line, nose, cheeks, chin and jaw line.
3. Stay out of the sun from 10am-2pm
4. Stay away from tanning booths which emit UVA
5. Wear sun screen 30SPF with Zinc or Titanium with UVA and UVB protection (Broad spectrum)
6. Apply your sunscreen 30 minutes before exposing yourself to the sun. this will give your skin time to absorb the lotion.
7. Reapply sun screen often - the medical literature recommends reapplication every 15-30 minutes. Non-medical literature says every 2 hours. Definitely reapply after swimming or sweating. Don't trust waterproof sun screens. What else do you have to do at the beach? It's your job at the beach to moderate the sun!
The FDA has regulated that sun screen manufacturers can no longer use the phrase "waterproof" they must use the words "water resistant" - don't believe any of it!
8. Wear sun screen 365 days per year and you will age better.
9. Wear a hat 3-5 inch brim, we now have a wide variety at LeDerm for your convenience. Base ball caps protect about 2 inches of the forehead in the shape of a U - an untanned U on a tanned forehead looks dumb. I've seen it and treated it.
10. Wear wrap around [sunglasses](#) that say 99-100% broad spectrum (UVA & UVB) protection Polarized means it cuts the glare - you are not protected..
11. Check the [UV Index](#) in your location when planning to be out doors and prepare for better sun protection. If the weather man says there's a heat advisory and advertising cooling centers take heed.
12. Use sunless tanning sparingly. You must not have used this for 30 days before a laser treatment. Avoid tanning spray booths - hazardous to your lung health, but better then tanning beds or booths.

13. Don't go to the beach unless you have an umbrella in your car - provides instant shade.
14. If your job requires a lot of driving, keep a tube of sun screen in the car, wear [sun protection gloves or sleeves](#). Install [UV protective film](#).

Consider adding flat, tinted UV-protective film to your car's side and rear windows as well as to house and business windows. This film blocks up to 99.9 percent of UV radiation and lets in up to 80 percent of visible light. [Left Sided Skin Cancer](#) has the highest incidence.

[Left Sided Wrinkles](#)



15. For best finds in sun protection clothing, and Dermatologist Recommended UPF 50+ Protection - see [Coolibar](#)
16. Did you know you can add sun protection factor to your clothes just by washing them with [Sun Guard](#). Also found on [Amazon](#)
17. Great recent news about Preventing Basal Cell - Drink coffee!

[Read More Basal Cell and Coffee](#)
[Read More Melanoma and Coffee](#)

*Skin cancer is preventable but is skyrocketing, take care of yourself and your skin
We're here to help you!*