

## Sunscreen FAQs

### What type of sunscreen should I use?

There are two main types of sunscreen ingredients: physical sun blockers and chemical sunscreens.

**Physical sunscreens** prevent ultraviolet light from reaching your skin, and contain either *zinc oxide* or *titanium dioxide*. Physical sunscreens protect against LTV A and UVB damage. Physical sunscreens are preferred for patients with sensitive skin or children. **Chemical sunscreens** rely on an interaction between the sun and the chemical to protect your skin. Examples of such chemicals are avobenzone, octinoxate, homosalate, padimate O, and many others. Chemical sunscreens can protect against UV A, UVB, or both types of damage, depending on which ingredient is used. Read the label to ensure coverage for both UV A and UVB exposure. There are new ingredients being developed that take chemical sunscreens and stabilize them to prolong their activity (i.e., Helioplex, Mexoryl).

### Does the SPF really matter?

In laboratory testing, there are minor differences between SPF 15 and SPF 30 or greater products. However, that data is based on using 1 oz. (30 gm.) of sunscreen for each full body application (the size of a shot glass). Most people use far less in real-life settings. For that reason, we recommend an SPF of at least 30. It is common to find good sunscreens with SPF ranging from 45-70. To maintain protection, reapply sunscreen every 1-3 hours, depending on sweating, water exposure, and sun intensity.

### Is sunscreen alone enough to protect my skin in the sun?

In some cases, yes. However, if you are in the sun for longer periods of time on a regular basis (such as gardening, golfing, boating, sports), it may be better to add sun protective clothing or habits. Wear a hat (with a 4" brim) and avoid intense mid-day sun. Sun protective clothing is lightweight fabric designed to protect against UV damage. Styles include jackets, button-down shirts, pants/skirts, swimsuits, and hats. **Rash guards** (long sleeved swim shirts) are an excellent choice for young swimmers to start Good sun habits! Good resources include a number of internet sites and catalogs, including:

Coolibar: [www.coolibar.com](http://www.coolibar.com)

Sun Precautions (Solumbra): [www.sunprecautions.com](http://www.sunprecautions.com)

Lands' End: [www.landsend.com](http://www.landsend.com)

REI Outfitters: [www.rei.com](http://www.rei.com)

**Avoid tanning beds - even infrequent visits are harmful**  
**Self-tanning is a safe alternative**



## Product Recommendations

### Daily Sun Protection (face, neck, upper chest)

- \*Melashade (SPF 30) – 1.75oz pump
  - Tinted, matte finish sunscreen with antioxidants. All light to medium skin types, particularly oily skin. Caution with use on neck/chest as may rub off on clothing. Titanium Dioxide 10.7%, Zinc Oxide 3.8%
- \*Elta MD UV Clear (SPF 46) – 1.7oz pump
  - For acne and rosacea prone skin with 5% niacinamide (anti-inflammatory, helps redness). Lightweight, oil-free. Zinc Oxide 9.0%, Octinoxate 7.5%
- \*Elta MD UV Daily (SPF 40) – 1.7oz pump
  - Moisturizing sunscreen with hyaluronic acid (reduce the appearance of fine lines). Light and sheer for use alone or beneath makeup. Zinc Oxide 9.0%, Octinoxate 7.5%
- \*Elta Daily Tinted (SPF 40)
  - Moisturizing sunscreen with hyaluronic acid (reduce the appearance of fine lines). Light and sheer with tint for use alone or beneath makeup. Zinc Oxide 9.0%, Octinoxate 7.5%
- Oil of Olay Complete Defense (SPF 30)
  - Sensitive skin/fragrance free option. Octinoxate 7.5%, Zinc Oxide 6.0%
- CeraVe Sunscreen Face Lotion (SPF 30)
  - Helps repair damaged skin and maintain the skin's natural protective function. Titanium Dioxide 4.9%, Zinc Oxide 4.7%
- Aveeno Positively Radiant (SPF 30)
  - Soy complex and natural light diffusers. Sun stabilized chemical sunscreen.
- Neutrogena Healthy Defense (SPF 30)
  - Lightweight, non-greasy formula with vitamin E. Sun stabilized chemical sunscreen.

### Multipurpose Sun Protection

- \*Elta MD UV Sport (SPF 50) 8oz pump
  - Durable, waterproof formula ideal for outdoor athletes. Zinc Oxide 9.0%, Octinoxate 7.5%, Octisalate 5.0%
- Neutrogena Products with Helioplex lotion/gel/spray (SPF 30-80)
- Coppertone Sport
- \*Elta Aero Zinc Spray
  - Spray with transparent zinc oxide, sprays on white and dries clear. Water-resistant (80 minutes), fragrance free, oil-free, paraben-free, sensitivity-free; noncomedogenic, Zinc Oxide 9.3%, Octinoxate 7.5%
- \*Elta Lip Balm

### Sensitive Skin (limited to physical sunscreens)

- \*Elta MD UV Pure (SPF 47) 4oz
  - Gentle and lightweight. Water-resistant. Zinc Oxide 10%, Titanium Dioxide 5.5%
- Neutrogena Sensitive Skin (SPF 30)
- Neutrogena Pure & Free Baby sunblock stick and lotion (SPF 60+)
- Blue Lizard Baby or Sensitive Skin lotion (SPF 30-45)
- Coppertone Sensitive

\*Denotes products we offer for purchase through our office.