

## **Sunscreens**

### **Choosing a Sunscreen**

Use a broad spectrum sunscreen (one that protects against UVA and UVB rays with a SPF (sun protection factor) of 15 or higher. A SPF of 30 does not give twice the protection of a SPF 15. SPF 15 absorbs 93% of the sun's burning rays and a SPF of 30 absorbs 97%.

We recommend sunscreens that contain microionized titanium dioxide, zinc oxide, or avobenzore (Parsol).

Use a sunscreen stick, spray, or lip balm for areas that burn easily – lips, scalp, nose, ears, and tops of feet. Sunscreen spray and gels are good for areas with lots of hair.

Teenagers who have acne should ask their doctor about sunscreens that will not make their acne worse.

Use a non-alcohol based milky lotion or cream on young children. These are more soothing and it is easier to see the area that has been covered. Sunscreens with an alcohol base are not recommended for children under the age of twelve.

You can also buy total sun blocks (zinc oxide). These are thick and opaque and can be used if you are allergic to sunscreen chemicals. They are very popular with children and come in many colors.

Test the sunscreen first on a small patch of skin to see if it bothers your skin. Sunscreens are not all the same. Picking a sunscreen is like choosing the right brand of toothpaste or shampoo. Try a few until you find one that meets your needs.

### **Using a Sunscreen**

Use sunscreens all year long on exposed skin. Apply sunscreen evenly. Avoid your eyes but do not forget your ears. It takes about one ounce of sunscreen to completely cover the skin of an adult. This is about ½ teaspoon for your face and neck, ½ teaspoon for each arm and shoulder, ½ teaspoon for your front and back, and one teaspoon for each leg and the top of each foot.

Put sunscreen on about 30 minutes before you will be in the sun. For most people it is easiest to put it on at the beginning of the day, before you put on clothes or a swimsuit.

Reapply sunscreen after 45 to 60 minutes if you have been swimming or sweating heavily. Dry yourself off with a towel first.

## **Recommended Sunscreens**

### Best Sun Protection

PreSun Ultra SPF 30

Ombrelle SPF 15

Shade UVA Guard SPF 30

### Best Buys

NoAd SPF 15, 30, 45

Block Up Max SPF 30

### Sunscreens for Sensitive Skin

Neutrogena Sensitive Skin SPF 17

Physicians Formula SPF 25

PreSun Block SPF 28

### Other Sunscreens

Coppertone Oil-Free SPF 15, 30

BioSun SPF 45

Neutrogena Oil-Free Sunblock SPF 30

Neutrogena Sunblock Lotion SPF 15, 30

Dura Screen SPF 15, 30

PreSun Lotion SPF 29

Sea & Ski Sunblock Lotion SPF 15, 30

### Gels

PreSun SPF 15

Bullfrog SPF 30

### Sprays

Banana Boat Quick Blok Kids SPF 25

Ombrelle SPF 15

Neutrogena SPF 20

There are many sunscreens on the market. It is important to use a sunblock with a SPF 15 or higher. Also look for lip balms with sun protection (Blistex, Neutrogena, Chapstick, and Vaseline are a few that have varieties containing SPF).

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