



enhanced aesthetics

ROBERT L. KERRY, M.D.
Diplomate, American Board of Surgery
Fellow, American College of Surgeons
Fellow, American Society Laser Medicine & Surgery

Tel: 734-434-2800
Fax: 734-434-2805
theskinpeople.com
enhancedaesthetics.net

Barron Professional Building
4870 West Clark Road
Ypsilanti, MI 48197

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Sun Protection

Sun Protection – Often defined as SPF (Sun Protection Factor)

A Comprehensive Sun Protection Program includes the following:

I. Protective Clothing

- Wearing a wide-brimmed hat to protect against exposure to UV rays (baseball cap won't do)
- body covering including long sleeves, high collar, long pants
- sunglasses with UV protection

II. Sunscreen/Sunblock - 15-20 SPF minimum (30 or higher is best)

- apply heavily half hour before going out in the sun or two thin applications about 5 minutes apart are even better, and don't forget to put some kind of blocking agent on your lips, ears, sides of neck, V of chest, and back of hands
- reapply every two hours (even if waterproof, it needs reapplication)

III. Avoid exposure to sun rays from 10 am to 4 pm

I. **Protective Clothing.**

The sun protection value of fabric depends on the hole size of the fabric mesh. When clothing is washed a few times SPF value increases because of the shrinkage in the hole size of the fabric mesh. For this reason, heavy fabrics are the most protective. Hold your clothing up to a light bulb. If you can see images through fabric, its SPF value is less than 15. If light gets through clothing, but you can't really see through it, SPF value may be between 15 and 50. If light doesn't get through heavy fabric, it has an SPF value of more than 50.

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II. **Sunscreens and Sunblocks.**

Sunscreens come in two major groups; physical and chemical. Physical protection includes application of zinc oxide and/or titanium dioxide. Chemical sunscreens act as filters and absorb UV radiation, e.g. avobenzone (Parsol). They need to be applied 30 minutes before exposure. Sunblocks physically block both UVA and UVB rays. These are preferable for patients with rosacea and sensitive skin. The SPF value of a sunscreen is the ratio of energy required to produce a minimal sunburn from UVB rays, wearing a sunscreen, to the energy required to produce the reaction without sunscreen. For example, an individual who gets a sunburn after 1 hour of UV exposure burns after 3 hours wearing the SPF 3 sunscreen or with an SPF of 15, theoretically you can stay out in the sun without burning 15 times longer than you normally could. Remember, however, that SPF doesn't take into consideration damage from UVA rays. Therefore, SPF doesn't protect from all UV radiation. As yet, there is no official measure of how much UVA a product blocks. A sunscreen with both physical and chemical ingredients and an SPF of 15 or more is termed a "sun block" and physically deflects the ultraviolet rays. People who spend significant

time outside, even during the winter, will benefit from the use of sunscreen.

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III. Avoid Sun.

It's wise to avoid or limit outdoor activities between 10 AM and 4 PM because ultraviolet radiation is most intense during these hours. The intensity of UV radiation depends on the angle of the sun, not heat or brightness. If your shadow is shorter than you, the risk of excessive exposure and damage is high. Remember UV radiation can also pass through glass, including your car and house windows. Reflective surfaces should be avoided. They include water, sand, concrete or white-painted surfaces. Most sun damage usually occurs in childhood (80% by the time you're 20) but can occur at any age.

There is no harmless level of UV radiation exposure! When light strikes the skin, protein, DNA, lipids, and water absorb it. However, DNA is considered to be the primary target of ultraviolet radiation that may lead to cancer. It's suggested that DNA damage is the trigger for tanning.

There is a safe way to achieve a tanned appearance. Tanning artificially for cosmetic effect with tanning products containing dihydrochloracetone (DHA), a nontoxic dye, is FDA approved to provide smooth even color that's indistinguishable from a true suntan. While there is no skin damage from this, it does not protect the skin from ultraviolet light. Many over-the-counter (OTC) products include DHA, and are sold at drugstores and department stores. They include products by **Neutrogena** and **L'Oreal**. A single application can last five to seven days—until the dead skin sloughs off. Remember you still need sunscreen with SPF of 15 or higher!

People having a major problem should use a product such as Total Block SPF 65 which contains zinc oxide and titanium dioxide as well as six antioxidants and trace elements, vitamin C, two forms of vitamin E, and other products, all good for the skin. World-wide, **Mexoryl SL (Mexoryl SC by L'Oreal)**, is felt to be the most effective chemical sunscreen agent against UVA and UVB. It is available in many parts of the world but awaiting FDA approval in the United States. It is expected to become a key ingredient in many sunscreen preparations. The most popular product at **Enhanced Aesthetics** is our private label moisturizer and sunscreen, SPF 30, because it is a good moisturizer with better than average sun protection. It is produced by **Topix**. This new formulation spreads easily and appears white and opaque when initially applied to the skin (in order to help guide application) and then turning transparent within seconds to form an invisible protective film on the skin. It does not contain perfume and is good for acne patients as it is non-comedogenic. For the lips we recommend a lip balm with an SPF of 30.

Ideal Sun Protection (The Slip, Slap, and Slop Theory)

Slip on a shirt, slap on a hat, and slop on the sunscreen.

The ideal protection blocks UVA and UVB rays and is called broad spectrum. We like to individualize products for each patient, depending on their skin type, sensitivities, and needs. Products we recommend and have available at **Enhanced Aesthetics** include:

- **Enhanced Aesthetics'** private label (by **Topix**) SPF 30 (\$25)
- **Enhanced Aesthetics'** private label lip balm (by **Second Story**) SPF 30 (\$3.95)
- **Wellskin** Advanced Sunscreen SPF 25 (\$22)

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POSTSCRIPTS

Sun protection is necessary in:

1. All areas exposed to the sun, or reflected rays
2. All ages
3. All times of the year
4. All skin colors
5. All kinds of weather—sunny or cloudy

It is very important to treat and educate young people on sun exposure, as most sun damage is acquired before the age of 18. At the present rate, one person in every five will grow up to develop skin cancer. A severe sunburn in childhood can double one's risk of developing skin cancer in later life. A few lifestyle changes can help make skin cancer preventable. Nearly all skin cancer can be prevented by using sun protection properly. Protect all skin from the damaging effects of UV radiation—including that found in tanning booths. If you must have a tan, introduce yourself to self-tanners. Remember, however, they give little, if any sun protection.

Side effects of sunscreens, if they occur, are usually a contact dermatitis reaction to chemical sunscreens. A person with sensitive skin might either use a physical sunscreen or apply a small amount of the chemical sunscreen on the neck for a trial in order to monitor response. Ideally, at the end of the day, people should double cleanse the skin to remove residual sunscreen, makeup, and other contaminants. Also, replace sunscreen every year as exposure to heat causes a breakdown in the active ingredients, thus giving less UV protection.

Let *Enhanced Aesthetics* assist you with your understanding of sun problems and sun damage as well as methods of protecting yourself from the sun. We can also help you with skin that has already been damaged by the sun with skin care products, laser and intense pulsed light treatments.

Sun protection does more than save a person's skin; it can save their life!

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