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Sun Protection and Self Skin Exams

We encourage you wear sunscreen on the sun exposed areas of your skin. You should reapply the sunscreen every 2-3 hours, or more often if you are in the water or sweating a lot. Make sure the sunscreen is broad spectrum (protects against UVA and UVB rays) and is water resistant. We typically recommend that you use a sunscreen with SPF 30 or above.

We also encourage protecting your skin from the sun with protective clothing, such as hats, long sleeves and pants, and sun glasses, as well as seeking shade when possible.

You should perform monthly self-skin exams and notify our office with any new or changing skin lesions. At www.aad.org you can find helpful information about skin cancer and how to perform a self skin exam.

Most people should also have an annual physician-directed skin exam.

Thank you !