



Associated Plastic Surgeons & Consultants, P.C.

Cosmetic & Reconstructive Plastic Surgery

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## **Instructions for Sun Screen Use**

Your physician has recommended the daily use of a sun-blocking agent. Exposure to the sun can cause your scar to be more visible than it would be without proper protection. The products listed below are examples of many of the excellent products on the market today.

The sunscreen should be applied liberally several times a day to **the** area of your surgery. It should preferably be applied to your entire body to avoid the incidence of skin cancer secondary to solar radiation.

A sunscreen with a SPF (sun protection factor) of 15 or above should be applied on a routine basis *during ALL SEASONS AND ALL WEATHER CONDITIONS.*

### **In the Event of Prolonged Sun Exposure (Beach, Boating, etc.)**

When going to the beach, pool or during prolonged periods of sun exposure, the use of one of the products listed below is recommended.

If swimming, application is recommended every two (2) hours and after each immersion.

Zinc Oxide

LeZinc

Zinka

Hue II