

Sunscreen Application Guide

“We found that even beachgoers who used sunscreen were still getting sunburned because they weren’t applying enough of it or reapplying it as often as they should.”

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Richard F. Wagner, MD. co-author.

INITIAL APPLICATION: Apply sunscreen 15-30 minutes before going outside. **Take your time and insure that you put on the proper amount.** Applying sunscreen too thin, haphazardly, or in small amounts will not provide enough protective film to guarantee protection.

QUANTITY: Studies have shown that people only apply 50% of the recommended amount of sunscreen. In doing so an SPF-30 will become an SPF-15. **Applying the proper amount of sunscreen is critical to receiving adequate protection.** Apply several dabs (dots) of sunscreen all around the skin and then connect the dots. Make sure you can visibly see and feel a thick layer of sunscreen under your fingertips.

REAPPLY: Sunscreen needs to be reapplied at least every two hours. Scientific studies show that people who waited more than 2.5 hours to reapply are five times more likely to sunburn than the person who reapplied every 2.0 hours. **Reapplying every 2.0 hours is even more crucial while swimming, or heavy sweating. Sunscreen needs to be reapplied every time you towel off. A towel will remove the sunscreen from the skin resulting in sunburn.**

TIMING: Apply sunscreen generously to cool dry skin at least 15-30 minutes before sun exposure. After 15 minutes you are protected, but 30 minutes is ideal. **Wait 30 minutes before putting on clothes; the clothing will soak up the sunscreen before the skin can.** Touch up any areas that receive a lot of rubbing. (i.e. the legs and back against the car seat)

COOL, DRY SKIN: Applying sunscreen to wet or sweaty skin can also result in sunburn. **When reapplying at a swimming pool insure the skin is completely dry.** The active ingredients in sunscreen are oil based, and therefore repelled by any wetness on the skin. In order for sunscreen to adhere, the skin must be completely dry.