



## SUNSCREEN INFORMATION 2025

Zinc oxide is the main ingredient to look for in sunscreens to achieve broad spectrum protection. The sun emits both UVA (aging rays) and UVB (burning rays) that lead to skin cancer. SPF (sun protection factor) tells us how much protection we have against UVB rays, but NOT UVA. Micronized zinc oxide sunscreens are available both over the counter and in physician offices that will provide the necessary protection from the sun's harmful rays and help prevent skin cancer, brown spots and wrinkles. Be sure to use a sunscreen with an SPF of 30 or greater. Higher quality zinc oxide is more transparent and costs a bit more than OTC. See below for a list of higher quality sunscreens for sale in our [skincare store](#). Curbside pickup is available.

- Wear sunscreen daily. UVA is constant throughout the year.
- Apply 15 minutes before exposure. Reapply every 2 hours when outdoors.
- UVA rays penetrate car windshields unless UVA film is utilized.
- Never use tanning beds. Increased risk of melanoma with usage.
- [HELIOCARE](#) is a safe oral supplement sold in dermatology offices. Provides more photoprotection on the days you will be outdoors. Take as needed based on your sun exposure.
- Solderm Nicotinamide Vitamin B3 supplements for those with non-melanoma skin cancers. Studies suggest a 20% reduction in new cancers. (\$15-17/month) Available at our office and online store.

### **Daily wear:**

EltaMD SPF 40 (Tinted & Non-Tinted)

EltaMD SPF 46 (Tinted & Non-Tinted)

SkinMedica Total Defense & Repair SPF 34 (Tinted & Non-Tinted)

Pavise Dynamic Age Defense

### **Water Resistant:**

Colorescience Powder Sunscreen Brush SPF 50

Colorescience Even Up SPF 50

Colorescience All Calm SPF 50

Colorescience SPF 50 Face & Body Shield

Colorescience SPF 50 No Show Mineral

EltaMD UV Mist SPF 40

EltaMD SPF 41 (Tinted)

EltaMD SPF 44 (Tinted)

EltaMD Pure SPF 47 (Non-Tinted)

EltaMD SPF 50 Sport (Non-Tinted)

EltaMD SPF 50+ Sheer (Non-Tinted)

EltaMD Pure 50+ Stick (Non-Tinted)

ISDIN Eryfotona Ageless SPF 50

ISDIN Eryfotona Actinica SPF 50+

### **Misc.**

Heliocare Supplement

Nicotinamide 500mg 2x/day

EltaMD UV Lip Balm SPF 36

Colorescience Lip Shine SPF 35

Over the Counter: Anything with micronized zinc oxide will work well. Check the label. We prefer a concentration of 8% or higher.

**Sunscreens available in our office or may be ordered online at  
[www.SouthlakeDermatology.com](http://www.SouthlakeDermatology.com)**