CENTER FOR DERMATOLOGY, COSMETIC AND LASER SURGERY

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SUN PROTECTION/SUNSCREEN

SUN PROTECTION IS VERY IMPORTANT

Excessive sun exposure can result in wrinkles, red and brown spots, discoloration, roughness, thinning of the skin, as well as precancers and skin cancer. Please avoid sun exposure between 10:00 a.m. and 3:00 p.m. when the sun rays are most powerful. Use a sunscreen SPF 30-50, UVA + UVB protective with Zinc Oxide or Titanium Dioxide as one of the ingredients. Wear sunscreen every 2-4 hours if you are in the sun or swimming. Use sun protection even on cloudy days!

Cream and lotion sunscreens are better than spray sunscreens, but sprays are convenient for travel, etc. The signs/symptoms of skin cancer are any mole or growth that is increasing in size, changing shape or color, or is symptomatic (itching, burning, bleeding, or not healing). Please visit our website @ www.centerforderm.com to learn more about sun protection and skin cancer in the Links or Medical Dermatology section.

SUNSCREENS AVAILABLE AT THE CENTER:

- Elta UV Clear- Broad-Spectrum SPF 46, 9% Zinc Oxide. Very light, not greasy, does not burn if it gets in the eyes. Good overall sunscreen.
- Elta UV AERO Spray- Broad-Spectrum SPF 46, 9% Zinc Oxide, 80-minute water resistant.
- SkinCeuticals Physical Fusion (tinted)- Broad-Spectrum SPF 50, 5% Zinc Oxide, 6% Titanium Dioxide, paraben and chemical free, 40-minute water resistant.
- SkinCeuticals Sheer Physical- Broad-Spectrum SPF 50, 5% Zinc Oxide, 6% Titanium Dioxide. Paraben and chemical free. Good for patients with sensitive skin.
- Colorescience Loose Mineral Powder- Broad-Spectrum SPF 50, 24.1% Zinc Oxide, 23.9% Titanium Dioxide, 80-minute water resistant. Three shades available. Good for patients with sensitive skin.

SUNSCREENS AVAILABLE AT PHARMACIES:

- Neutrogena Helioplex- Broad-Spectrum SPF 55 or SPF 70.
- Vanicream- Broad-Spectrum SPF 50. Good for patients with sensitive skin.

Website: http://www.centerforderm.com  
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Safer Hair Dyes

These dyes still can react, but less chances of this happening than with your previous hair dye.

Hair Dye reaction can worsen with each exposure. Please try to avoid using even these safer dyes till at least 3 months after hair dye reaction has cleared up.

If a reaction occurs, even with these safer dyes, you must stop using them.

PTDS based permanent Hair Dye
Goldwell Color Chic
Schwarzkopf Igora Royal
Wella Koleston Perfect

PTDS Based Semi-Permanent Hair Dye
Clario Professional Beautiful Collection Advanced gray solution
Clario Professional collection semi-permanent color black – B20 D level1, Base Ash
Goldwell ReShade for Men
L’Oreal Paris Excellence to-go 10 Minute Cream Colorant
L’Oreal Richesse
Schwarzkopf Viviance
Sanotint Light
Wella Color Charm Demi Permanent
Wella Color Touch