

Dermatitis /Sunburn

What is it?

- **Sunburn**- overexposure to the sun's rays without protection



Signs and Symptoms:

- **Appear**- in 1 to 24 hours, some past their peaks in 72 hours
- **Symptoms**- swelling, tenderness of skin, lower legs are slow to heal, if a large portion of the body is sunburned there may be fever, weakness, chills and shock

Recommendations:

- **Avoid**- lying out in the sun more than 30 minutes at the time, avoid further exposure after being sunburned, sensitizing preparations as local anesthetic lotions or ointments, sunlight for 1 to 3 weeks, ages the skin, wear wide brimmed hats, long sleeves and pants as needed.
- **Times**- before 10:00 AM and after 4:00 PM
- **Commercial Products**- Sun-screen ointments, lotions and creams are all available to help prevent sunburn; Complexions and SPF suggestions-Very Fair- 15+, Fair- 10-15, Average- 8 to 10, Olive or Brown- 4 to 6
 - **Light Screening Chemicals**- phenylsalicylate, p-aminobenzoic acid and benzophenones

Facts:

- **Exposure to Sunlight**- epidermis thickens, lays down melanin at an increased rate, in fair complexion causes freckles
- **Photosensitizing Medications**- talk with your physician about your initial exposure
 - **Medications**- phenothiazines, sulfonamides, demethylchlortetracycline, guanidine, griseofulvin, thiazides
- **Relieve Symptoms**- cold compresses of whole milk, aloe, saline solution
- **Skin Cancer**- 80% occur on the neck, hands and head



What can I do?

- **See your Health Care Provider**- about a secondary infection/furunculosis or a corticosteroid given orally 2 to 3 days