

When You Should Call the Doctor's Office

Consult us early if:

-Skin lesions develop and persist
for more than 3 weeks.

Remember! All skin cancers can be
cured if treated early. All can be
deadly if treated late. See Dr. Black
as soon as possible.

Call 552-2200

*Please follow these special
instructions also:*

Steven B. Black, M.D., FACS
*Certified by the American Board
of Plastic Surgery*

Call if you have any questions.

402-552-2200

Toll-Free 1-800-950-8825

Doctors Building 4239 Farnam Street * Suite 219 South *
Omaha, NE 68131
Clarkson West Medical Center 2727 S. 144th St. * Suite 100 *
Omaha, NE 68144

Patient Information

Sunscreens

Steven B. Black, M.D., FACS
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*Personalized Care...
Specializing in You*

UNDERSTANDING SUN AND ULTRAVIOLET EXPOSURE

The sun (and especially excess sun) can be harmful to your skin. It is primarily the ultraviolet portion of the sun's rays that harm. Studies suggest tanning booths are also harmful. Some radiation treatments also cause similar damage.



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A Simple Way to Understand the Problem

The damage to your skin from all the sun exposure you get during your life adds up to a total. You inherit a certain resistance to sun damage, mainly based on ancestry. Northern European or Scandinavian people with fair skin and blue eyes inherit little protection. Darker complected Mediterranean and African heritage affords more protection. In simpler terms, the easier you sunburn (rather than tan), the less resistance and more danger.

When the level of exposure to the sun your skin gets approaches the resistance you inherit, a group of diseases (including skin cancer) is likely to occur. You obviously can't do anything to decrease the exposure you have already had; however, you can limit further exposure through sunscreens.

Our Recommendations:

1. You should apply sunscreen if you are going to be in the sun longer than 20 minutes. Apply to all exposed skin.
2. We recommend a SPF number of 30 or higher on the label.
3. You should use "waterproof for swimmers" preparations. The waterproof sunscreens are not washed off as readily by perspiration.
4. Waterproof preparations should be applied every 4 hours 10:00 a.m. to 6:00 p.m.
5. Studies have shown that hats offer no protection for the face: they only protect the scalp.
6. Be especially careful about sun exposure on water or snow. They reflect the sun and you get a double dose.