

Sunburn

Babies under age 6 months of age should be kept out of direct sunlight. Sunscreen is generally approved for children over 6 months of age. However, using a small amount on younger children is generally safe and may help protect their skin if they must be in the sun. Remember, keeping infants out of direct sunlight is the best way to protect their skin.

All children over 6 months of age should wear a children's sunscreen of at least SPF 15. Frequent reapplication is crucial to ensure protection against sunburn.

In addition to a sunscreen, children should wear protective clothing such as a light weight, long-sleeved shirt and a broad-brimmed hat; dark fabrics offer a better screening effect than light fabrics. Parents should also be aware that the most hazardous time of the day is between 10:00 a.m. and 2:00 p.m. and that sand, water, snow, and wet clothing all potentiate the harmful effects of the sun. Beware of cloudy days, as the ultraviolet rays may still cause burns.

Treatment of sunburned areas depends on the severity of the burn. With or without blistering, apply cool Burrow's Solution compresses or baths in cool water. In addition, a pain reliever such as ibuprofen or acetaminophen may be given. Blisters should be allowed to burst on their own, because sometimes their fluid will reabsorb. If you are concerned about the severity of sunburn, please call our office.