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MAKE AN APPOINTMENT

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NEWSLETTER

THE LATEST FROM DR. YOO REGARDING DERMATOLOGY AND SKIN CARE.



SUMMERTIME FUN

Summer is finally here! Below are several things to watch out for this summer:

BUG BITES

- Apply ice packs or OTC hydrocortisone to relieve itching and swelling.



TICKS

- Walk in the center of trails.
- Wear long sleeves and long pants and tuck your clothes in.
- Use insect repellent that contains 20-30% DEET.
- Examine your skin to make sure there are no ticks (especially armpits, groin, and hair).
- Check your pets too!



Schedule an appointment if you have:
- Rash or bull's-eye pattern
- Flu-like symptoms

JELLYFISH STINGS

- Use tweezers to pluck any tentacles
- Soak the area in hot (not scalding!) water for ~20 minutes
- Contrary to popular myth, DO NOT pee on the sting site
- Calamine lotion and OTC hydrocortisone can be applied to help with the inflammation and pain



Jellyfishes come in all shapes and forms, so keep an eye out when swimming!



SUNBURNS

Sunburn is damage to the skin caused by overexposure to ultraviolet (UV) rays

Some factors that influence sunburn includes:
- Skin type
- Exposure Intensity
- Duration of Exposure



Symptoms include:
- Irritation
- Redness
- Itchiness
- Blisters



DO NOT apply petroleum jelly, ice/ice packs, or butter to sunburn sites

MOISTURIZING

A lightweight moisturizer is enough for most people during the summer. However, consider **switching to a thicker moisturizer** to retain more moisture in the skin and combat dryness caused by the weather. Make sure to moisturize from head to toe!

TRY THIS:



LA ROCHE POSAY LIPIKAR BALM AP+

PROTECTION

To protect yourself:
- Stay in the shade and avoid overexposure from the sun
- Wear sunglasses to protect your eyes from UV rays
- Wear a hat that covers your face, ears, and the back of the neck
- Wear long sleeve shirts/ long pants when possible
- Apply sunscreen regularly!

1 USE AN ALOE VERA OR SOY CONTAINING MOISTERIZER

- APPLY TO AFFECTED AREAS TO SOOTH THE PAIN
- TIP: COOL PRODUCT IN THE REFRIGERATOR
- AVOID PRODUCTS THAT CONTAIN ALCOHOL



2 DRINK LOTS OF WATER

- SUNBURNS DRAW FLUID AWAY FROM THE SKIN'S SURFACE
- DRINKING EXTRA WATER HELPS PREVENT DEHYDRATION



3 PREVENT FURTHER SUN EXPOSURE



- WEAR TIGHTLY-WOVEN FABRICS THAT COVER THE SUNBURNT AREAS WHEN OUTDOORS
- THIS ALLOWS THE SUNBURNT SKIN TO HEAL WITHOUT BEING FURTHER DAMAGED

TAKE FREQUENT COOL BATHES OR SHOWERS

- THIS CAN HELP EASE THE PAIN
- APPLYING MOISTURIZER AFTERWARDS CAN ALSO HELP RETAIN THE MOISTURE IN THE SKIN



ALLOW BLISTERS TO HEAL



- BLISTERS FORM TO HELP THE SKIN HEAL AND PROTECTS FROM INFECTIONS
- DO NOT POP THEM!

IF THE SUNBURN IS EXTREMELY SEVERE, PLEASE VISIT A DERMATOLOGIST