

Sun & Insect Bite Protection

Up To 1 Year Of Age

So as to minimize the risk of acute and chronic skin damage, sun protection was reviewed in detail. Discussed maximizing the use of physical barriers such as clothing, including hats and sunglasses, and coverings such as canopies and umbrellas. Acknowledging the sensitivity of the skin in younger children, if necessary, the aggressive use of lotion based, broad spectrum, water resistant sun blocks with at least an SPF of 30 or higher would be preferable over sun burn - physical sun blocks such as zinc and titanium are recommended over chemical sun blocks. In my opinion, the best product available is Blue Lizard Baby, but Banana Boat Baby and Vanicream are reasonable options. They should be liberally applied, ideally 20 to 30 minutes prior to sun exposure. Reapplication should routinely occur at least every 4 hours, although it should be at a minimum of every 1 to 2 hours with water exposure. Spray application of sun protection was strongly discouraged. To minimize the risk of insect bites/stings and any associated complications, the use of appropriate insect netting should be utilized when appropriate. Wash the child using non-perfumed soap and cover the skin as much as possible utilizing light colored clothing that has been washed with a non-perfume containing detergent. If, despite these measures, it is felt that the risk of insect bites/stings warrants a greater degree of protection, liberally apply an appropriate insect repellent to the clothing. In those products that utilize DEET, ideally the concentration should be 25 to 30 percent. Apply to any exposed skin taking care to avoid the eyes and mouth as well as the hands since they may put them into their mouth. The utilized product should be washed off by the end of the day. Natural products have not been shown to provide adequate protection.

Over 1 Year Of Age

So as to minimize the risk of acute and chronic skin damage, sun protection was reviewed in detail. Discussed maximizing the use of physical barriers such as clothing, including hats and sunglasses, and coverings such as canopies and umbrellas. Stressed the aggressive use of lotion based, broad spectrum, water resistant sun blocks with at least an SPF of 30 or higher - physical sun blocks such as zinc and titanium are recommended over chemical sun blocks. In my opinion, the best product available is Blue Lizard Baby, but Banana Boat Baby and Vanicream are reasonable options. They should be liberally applied, ideally 20 to 30 minutes prior to sun exposure. Reapplication should routinely occur at least every 4 hours, although it should be at a minimum of every 1 to 2 hours with water exposure. Spray application of sun protection was strongly discouraged. To minimize the risk of insect bites/stings and any associated complications, bathing should be done using non-perfumed soap and the skin should be covered as much as possible utilizing light colored clothing that has been washed with a non-perfume containing detergent. Liberally apply an appropriate insect repellent to the clothing. In those products that utilize DEET, ideally the concentration should be 25 to 30 percent. Apply to any exposed skin taking care to avoid the eyes and mouth as well as the hands in those who may put them into their mouth without washing. The utilized product should be washed off by the end of the day. Natural products have not been shown to provide adequate protection.