

SUN SCREENS AND INGREDIENTS WHAT TO LOOK FOR

Some people find that sunscreens can make their eczema worse. When you chose a sunscreen you will need to think about the same things as you would when choosing an emollient. You should always be careful and make sure that you test any new sunscreen before applying it to the whole of your body. Apply a small amount to the inside of the arm and wait 24 hours before using all over the body. If the skin becomes red and/or itchy do not use the sunscreen, but ask your pharmacist, nurse or doctor for further advice.

Sunscreens are made up of chemical absorbers, physical reflectors or a mixture of both.

Chemical absorbers penetrate the skin and allow some UVA light to get to the skin but are a potential irritant.

Physical blockers such as titanium dioxide reflect the UVA, UVB and infra-red rays. They do not penetrate the skin and are therefore less Irritating. However, one drawback of titanium dioxide is that it tends to leave a white sheen on the skin, which may not be cosmetically acceptable.

Preservatives

Most sunscreens contain preservatives but one chemical in particular may cause an allergic reaction.

Methyldibromoglutaronitrile This is a chemical found in a number of sunscreens which has caused an increase in allergic reactions in recent years. Typical reactions to the chemical are swelling, itching and acute dermatitis, which could be very painful. Products that are free from this chemical include:

Bergaderm Sunscreen mousse 12/20/30 UVA UVB
E45 Sun Lotions
Sunsense range of sun protection
Vichy Capital Soleil SPF60

Sunscreens on prescription are usually only prescribed for patients diagnosed with photo dermatosis/polymorphic light eruption (sun sensitivity). Prescribing sunscreens for eczema will usually be at the nurses/GP's discretion.

Products and SPF	Physical Blockers	Chemical Absorbers	Other	Contains Perfume	Contains Preservative	Manufacturer/Distributor
AMBRE SOLAIRE						Garnier
Sensitive sunscreen milk 50+	✓	✓			✓	
Sensitive protection spray 40	✓	✓	Ultra sensitive skin		✓	
Sensitive protective cream 50+	✓	✓	For sun intolerant skin		✓	
BERGADERM formally called Proderm					✓	Chefaro UK Ltd
Sunscreen Mousse 12/20/30		✓	Non Greasy		✓	
CLINIQUE						Clinique Laboratories
Sun care body cream 30/50		✓	Waterproof Oil free		✓	
City Block Sheer 25	✓				✓	
Lip/Eye Stick 30		✓	Shields nose, ears and scars		✓	
Sun Care body spray 30		✓	Oil free & waterproof		✓	
Face cream 30,50		✓			✓	
DELPH						Fenton
Lotion 15/20/25/30	✓	✓	Available on prescription	✓	✓	
E45						Reckitt Benckiser
Sun Reflective Sunscreen 25/50	✓		Available on prescription Waterproof		✓	
Sun lotion 15 & 30	✓				✓	
Sunscreen stick 25	✓		For ears nose & lips			
ROC						Johnson & Johnson
Total sunblock cream 25	✓	✓	Available on prescription.		✓	
SOLTAN						The Boots Company
Sensitive spray 30	✓	✓			✓	
Hair & Scalp Protector 25		✓	Help protect scalp from burning	✓	✓	
SPECTRABAN						Stiefel
Ultra Lotion 28	✓	✓	Available on prescription.	✓	✓	

SUNSENSE						Crawford Pharmaceuticals
Ultra lotion 60	✓	✓	Available on Prescription	✓	✓	Ask pharmacist to order Sunsense from Crawfords
Toddler Milk 50	✓	✓	Water resistant	✓	✓	
Sports Gel 30		✓	Non-greasy	✓		
Daily face 60	✓	✓	Suitable for acne prone skin/matt finish		✓	
ULTRASUN						Ultrasun (UK) Ltd
Super Sensitive 28	✓		Suitable for sun sensitive skin.		✓	
Reflex 30	✓		Extra water resistant			
UVISTAT						LPC Medical Ltd
Cream 30	✓	✓	Available on prescription. water resistant		✓	
VICHY Capital Soleil						Vichy Laboratories
Extreme sun block stick, 60	✓		For over exposed zones & sensitive areas			
Milk gel body 30	✓		For fair or sensitive skin			
Face & body milk for children	✓			✓		
Protective cream for face 30	✓		For exposed areas	✓		

On parts of the skin that are not covered remember to apply a high factor sunscreen, at least factor 15, and reapply every two hours.

Whilst every effort has been made to provide accurate information in the following list, manufacturers may change their ingredients and you are advised to check the product contents on the packaging before use, or speak to your pharmacist regarding the contents.

Disclaimer

These details are provided only as a general guide. Individual circumstances differ and the National Eczema Society does not prescribe, give medical advice or endorse products or treatments. We hope you will find the notes helpful but they do not replace and should not replace the essential guidance, which can be given by your doctor.

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