



## AMERICAN SOCIETY OF PLASTIC SURGICAL NURSES

### *INTRODUCTION*

The American Society of Plastic Surgical Nurses supports the practice of lifelong sun protection. Excessive solar ultraviolet light exposure is associated with premature aging of the skin, and sub-optimal cutaneous healing. Of greatest impact is the correlation between solar ultraviolet light exposure and skin cancer. Because skin cancer ranks as the most common type of cancer within the United States, the message of sun protection is strongly advocated by this organization.

### *RATIONALE*

Supporting lifelong sun protection is consistent with the mission of the American Society of Plastic Surgical Nurses. As plastic surgical nurses, we are in the position of utilizing evidence-based practice to promote patient safety and optimize patient outcomes. Indeed, the practice of diligent sun protection supports the spectrum of plastic surgical specialties from aesthetic to reconstructive medicine.

### *AMERICAN SOCIETY OF PLASTIC SURGICAL NURSES POSITION/RECOMMENDATIONS*

- Apply 1 ounce of broad spectrum (UVA/UVB) sunscreen to all exposed skin 30 minutes prior to going outside.
- The minimally acceptable SPF is 15. For extended outdoor activity opt for a water resistant SPF of 30 or greater.
- Reapply sunscreen every two hours or more frequently if swimming or if excessively sweating.
- In the interest of lifelong sun protection, do not allow infants under 6 months to be exposed to UV light. Sunscreens can be used in those exceeding 6 months of age.
- Avoid sunlight, especially during the peak hours of 10AM to 4PM.
- Practice no indoor UV exposure or use of tanning beds.
- Use sun protective garments and accessories: sunglasses that block UVA/UVB rays, cover skin with clothing, wear hats with a brim that shades your face, ears and the back of your neck.
- In addition to a broad spectrum sunscreen, choose cosmetics with a minimum SPF of 15.
- Be aware of the sunscreen's expiration date; discard accordingly.

## *REFERENCES*

Centers for Disease Control and Prevention. (2014, January 22). Sun safety. Retrieved October 7, 2014, from [http://www.cdc.gov/cancer/skin/basic\\_info/sun-safety.htm](http://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)

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## ***DISCLAIMER***

**These clinical practice guidelines and/or recommendations and/or other guidance published herein are provided by the American Society of Plastic Surgical Nurses to assist practitioners in clinical decision-making. The information should not be relied upon as being complete and should not be considered inclusive of all proper treatments, methods of care, or as a statement of the standard of care. All guidelines and recommendations require periodic revision to ensure that clinicians utilize appropriate procedures, and that the materials encompass the recent critical review of literature and expert opinion. The reader must realize that clinical judgment may justify a course of action outside of the recommendations contained herein.**

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