

How To Avoid a Sunburn (And What To Do When the Damage Is Done)

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Credit: RAMEY; Fame Pictures; Splash News Online

Record-breaking temperatures have everyone (including the stars), seeking relief from the heat at the pool or beach. But spending the day outside makes it all too easy to end up with a nasty sunburn.

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"The first rule I tell my patients is to avoid sitting in direct sunlight, says Dr. Marta I. Rendon, Founder and Medical Director for the Rendon Center of Aesthetic Medicine in Boca Raton, FL." "If you're going to be outside, wear a hat and use SPF 30 or higher." It's also crucial that you reapply your sunscreen at least every two hours, she adds.

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That said, burns happen, especially on hot spots like ears, calves, the back of the neck and scalp. Here's what Dr. Rendon recommends for scorched skin:

[PHOTOS: Celebrity summer skin secrets](#)

Drink up: Gulp lots of water to help your body regain lost fluids. Avoid alcoholic and caffeinated beverages, which can lead to further dehydration.

Soothe with lotion: Apply a cooling moisturizer, aloe or hydrocortisone lotion to the affected area. Once the sunburn is treated, continue to hydrate skin daily. Try First Aid Beauty Ultra Repair Cream, \$28 ([sephora.com](https://www.sephora.com))

Wait it out: The best treatment for sunburn is time, as it may take up to two weeks for a sunburn to dissipate.

Hands off: If your skin is peeling do not touch or scratch at it. This will lead to further damage as your skin is trying to heal.