Dental health includes taking care of your lips, too! With thinner skin and few oil-producing glands, lips are delicate and can dry out easily.

Lots of sun can also increase your risk of lip cancer, so it’s important to keep lips protected and hydrated.

**Prevent sunburn**

Avoid sunburn by wearing water-resistant lip balm with an SPF of at least 30 and reapply every hour or so. SPF lip balm can help prevent lip cancer and solar cheilitis, which is irreversible damage to lip tissue.

Limit direct exposure from 10 a.m.-3 p.m. when the sun’s rays are the strongest. Wide-brimmed hats and caps with visors can also shield your face and lips from the sun.

**Symptoms of sunburn**

Sunburned lips might be redder than normal and sensitive to touch. Swelling, dryness, blisters and scabs are other common signs your lips got too much sun.

**Treating sunburned lips**

Try a cold compress or aloe vera gel to soothe mildly sunburned lips. For moderate-to-severe cases, OTC medicines like acetaminophen and ibuprofen can ease pain, while antihistamines can reduce swelling.

Hydrocortisone cream can be applied to lips, but apply it lightly and avoid licking your lips.

**When to see the doctor**

If your lips aren’t getting better, or if you suspect infection or sun poisoning, make an appointment with a doctor or dermatologist.

**See 7 SPF lip balms recommended by dermatologists**
Ensure delivery of emails
Please add noreply@email-unitedconcordia.com to your email address book or safe list.

This email was sent to: bjk208@lehigh.edu
by United Concordia Dental, 1800 Center Street, Suite 2B 220, Camp Hill, PA 17011

If you no longer wish to receive our emails, you may unsubscribe here.

MEM_20220707_UV_Safety