

● सहि मात्रा : 30 SPF को १ ml = १० SPF भन्दा माथि भए २.५ मी.ली. मात्र।

● सहि तरिका : बिहान ८ बजे अगाडि अलि-अलि गरेर लगाउने। ३ घण्टा भन्दा बढी यसको असर रहँदैन। त्यसैले दिउँसो पनि लाउनु पर्ने हुन्छ।

● यसको माथिबाट ईच्छा भए पाउडर, मेकअप लगाउन सकिन्छ।

● ३-४ घन्टापछि फेरि १ ml लगाउनु पर्छ (मुख धोएर वा सफा रुमालले पुछेर लगाए हुन्छ)।

● पौडि गरेको खण्डमा सन क्रिम २-२ घन्टामा थपिरहनु पर्छ।

● दैनिक छाताको प्रयोग।

● अनुहार छेकिने टोपि, मास्क।

● फुल बाहुला भएका लुगा।

● यदि तपाईंलाई घामको एलर्जी छ भने एलर्जी भएको बेलामा डाक्टरले दिएको औषधि प्रयोग गर्नुपर्छ र घामबाट बच्न छाता, टोपि, मास्क, चस्मा, पुरा (लामो बाहुला भएका लुगा) लगाउनु पर्छ।

● एलर्जी निको भएपछि अनिवार्य घामबाट जोगाउने क्रिम : सन क्रिम वा सन ब्लक प्रयोग गर्नुपर्छ।

Sun Care

UVC RAYS ARE SHORT & DON'T PENETRATE THE OZONE LAYER

UVC RAYS

UVB RAYS ARE LONGER & REACH THE SKIN, CAUSING BURNING, TANNING & SIGNS OF AGING

UVB RAYS

UVA RAYS

UVA RAYS ARE THE LONGEST, THEY PENETRATE DEEP INTO THE SKIN AND CAUSE THE RELEASE OF FREE RADICALS, AS WELL AS DNA CHANGES THAT CAN RESULT IN SKIN CANCER

- Sunscreen or sunblock is to be used every day; even if it is raining or you stay indoors
- Except the sun, even the fluorescence lamp/ light, computer screen also emit UVA &/or UVB rays; which is the major cause of skin pigmentation and early skin aging
- Sun rays and the potential damage are at the peak during 10:00-2:00 P.M.
- Every morning before 8 a.m 5ml of sunscreen should be applied
- Take a small portion of sunscreen and pat it all over the face
- Rubbing or massaging the sunscreen is not useful since the purpose is to



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make a layer over the skin which reflect the rays

- Leave it for 5-10 minutes to dry and apply another coat
- Repeat this several times and finish the teaspoon full of sunscreen
- Regular cosmetics such as foundation &/or powder can be applied over the sunscreen and it is beneficial
- For majority of Asian skin types SPF (Sun Protection Factor) 30 is adequate
- If SPF 50 is used the amount can be 2.5ml or ½ teaspoonful
- The effect of sunscreen lasts for 3-4 hours hence reapplication is advised
- Additional sun protection can be achieved with making a regular habit of using beamed hat, p-cap, umbrella &/or face mask
- For oily or acne prone skin surgical face mask is advisable (for ventilation)
- During summer and for dry skin sunscreen in the form of cream or lotion is advised
- During winter and for oily skin gel, aqua gel or anti-acnegenic/ anti-comedogenic forms are better
- While swimming the sun damage is doubled since there are 2 sources of light : directly from the sun and from the water reflection
- Hence application of the sunscreen should be every time before and immediately after swimming
- Frequent or every hour application is preferred
- Labels like water-resistant is preferable, but reapplication is still required

घामबाट सुरक्षा

- घामका धेरै सकारात्मक पक्ष छन् र यो सबै को लागि आवश्यक छ तर छालामा देखिने कतिपय समस्या घामका कारण हुन वा बढ्न सक्छ।
- घामबाट बच्नित हुनु वा घाममा ननिस्कनु असम्भव छ तर सुरक्षित तरिकाले दैनिक घामको सामना गर्नुपर्छ।
- घामका कारण हुने सामान्य रोगहरू: चायाँ, पोतो, घामको एलर्जी, घामले हुने अन्य खटीरा तथा डण्डीफोर।

सधै गर्नुपर्ने उपायहरू:

- घामबाट जोगाउने क्रिम सन क्रिम वा सन ब्लक।
- दैनिक सहि मात्रा र तरिकाले मात्र यसको उपयुक्त प्रयोग हुन्छ।
- सन क्रिम पनि छालाको प्रकार अनुसार विभिन्न प्रकारका हुन्छन्, त्यसैले छालाविशेषज्ञलाई जचाएर मात्र प्रयोग गर्नुपर्छ।