

Fast Fixes For Summer Skin Problems From Skin Expert Dr. David Bank *QUICK SUMMER SKIN CARE TIPS TO COMBAT EVERYDAY PROBLEMS; DR. BANK EXPLAINS*

August 1, 2007



Between the sunburn, poison ivy and insect bites, summer can be hard on the skin. Luckily, most of the damage is easy to remedy. **Dr. David Bank, founder and director of the Center for Dermatology, Cosmetic & Laser Surgery in Mount Kisco, NY** and author of *Beautiful Skin; Every Woman's Guide to Looking her Best at Any Age* gives some fast fixes for common summer skin ailments:

Problem: SUNBURN

Solution: "To help relieve painful sunburn skin immediately you can use topical lotions that contain Aloe Vera," says Dr. Bank. For widespread burns an Oatmeal Bath soak is best. "Cool milk soaks are also a great help as the lactic acid in the milk is anti-inflammatory and will help reduce swelling and blistering."

Problem: SHINY COMPLEXION

Solution: Wash with a cleanser that contains benzoyl peroxide or salicylic acid, ingredients that unblock pores and dry up excess oil. Don't scrub as it may inflame skin. Another ingredient to look for in your beauty products to help combat the shine is Sulphur which is found in many topical treatments and helps to reduce the production of oil.

Problem: INGROWN HAIRS

Solution: "First try a warm compress to reduce inflammation," suggests Dr. Bank. "If the problem persists see your dermatologist. The Diode laser works beautifully to treat and prevent them from returning." You can also look for products that contain glycolic acid to try to open the ingrown hair. Dr. Bank also recommends "changing the blade on your razor as soon as you feel any pull or drag as a dull blade is more likely to cause ingrown hairs."

Problem: INSECT BITES

Problem: The best treatment for Insect bites is the over-the-counter 1% hydrocortisone cream. "If the bites are more severe, Benadryl by mouth can help with the itch, but be careful because it can make some people drowsy," Dr. Bank says.

Problem: POISON IVY

Solution: "Mild cases of poison ivy should be treated immediately with hydrocortisone cream or Calamine Lotion to help relieve itching," says Dr. Bank. If itch persists take an antihistamine such as Benadryl. If you are able to, within 15 minutes of exposure, wash the plant's oily resin off your skin to prevent or minimize a reaction.