

## **Holiday skincare**

In compiling this list of holiday skincare medicines, we have concentrated on products for bites and stings and those specifically indicated for sunburn.

Sunburn can lead to serious consequence – if not immediately than later in life in the form of skin cancers – so obviously prevention is the best approach and customers should be encouraged to take suitable sunscreens with them when going on holiday. Similarly, insect repellents are another wise buy.

Sunburnt skin should not be covered with dressings and blisters should be left alone, not burst. Cool baths will help, and drinking plenty of water will avoid dehydration. Alcohol should be avoided as this may cause further dehydration. If a sunburnt child is feverish or vomiting, see a doctor immediately.

Many of the creams and lotions listed are essentially cooling, although they may contain antiseptics and antihistamines. Many simple antiseptic creams can also be used for burns. The listing does not include simple generic creams and lotions, like calamine cream, which have long been stand-bys for sunburn.

The pain of bites and stings can be eased by applying a cold compress or sting relief preparations after first removing any visible sting or jellyfish tentacles. (be careful not to squeeze a bee sting or more poison may be forced out).

If bites or stings become inflamed, topical hydrocortisone preparations are recommended provided the usual precautions for OTC sale are followed.