

Dear [Patient's Name],

We hope this letter finds you in good health. As part of your ongoing care, we would like to emphasize the importance of sun protection to maintain your skin's health and prevent potential damage.

Sun Protection Recommendations:

- **Use Sunscreen:** Apply a broad-spectrum sunscreen with an SPF of 30 or higher, even on cloudy days.
- **Reapply Regularly:** Reapply sunscreen every two hours and after swimming or sweating.
- **Seek Shade:** Limit your sun exposure, especially during peak hours (10 a.m. to 4 p.m.).
- **Wear Protective Clothing:** Use long-sleeved shirts, pants, wide-brimmed hats, and UV-blocking sunglasses.
- **Be Cautious with Tanning Beds:** Avoid tanning beds as they increase your risk of skin cancer.

For additional information or if you have any questions regarding your skin health, please do not hesitate to contact our office.

Stay safe and protect your skin!

Sincerely,

[Your Name]

[Your Title]

[Clinic Name]

[Contact Information]