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SUNBURN 101

How to Get Rid of Your Sunburn Fast, According to Dermatologists

It takes more than just a little aloe to stop the discomfort and damage, according to dermatologists.

BY MACAELA MACKENZIE AND LEAH PRINZIVALLI

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Meet the experts:

- **Shari Marchbein**, MD, a board-certified dermatologist in New York City and assistant professor of clinical dermatology at NYU School of Medicine.
- **Sejal Shah**, MD, New York City-based board-certified dermatologist and founder of **SmarterSkin Dermatology**.
- **Joshua Zeichner**, MD, the director of cosmetic and clinical dermatology at Mount Sinai Hospital and a board-certified dermatologist in New York City.
- **Neda Mehr**, MD, board-certified dermatologist and founder of **Pure Dermatology Cosmetic & Hair Center** in Newport Beach
- **Loretta Ciraldo**, MD, a Miami-based board-certified dermatologist and the founder of the skin-care line **Dr. Loretta**.

2. Reduce your skin's inflammation with pills and topicals.

You can also treat a sunburn by reducing inflammation from the inside-out, Dr. Zeichner explains. Popping an over-the-counter anti-inflammatory pill like Advil can help reduce swelling and redness, plus help you deal with any pain.

Dr. Neda Mehr, a board-certified dermatologist and the founder of **Pure Dermatology Cosmetic & Hair Center** in Newport Beach, also recommends applying an over-the-counter cortisone cream to help reduce the inflammation. "The UV light causes inflammation and damage to the melanocytes and the keratinocytes, which are the top layer skin cells, and so when you put on a cortisone cream, it calms down that inflammation," she says.

She prefers **Cortizone 10 Maximum Strength**, which also contains aloe vera.



Cortizone 10 Maximum Strength

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