

**PATIENT INFORMATION**  
A Treatment for Sunburn

Pediatric & Adult Medicine, Inc.  
13132 Newport Ave. #100  
Tustin, CA 92780  
714.565.7960 (tele)  
714.565.7982 (fax)  
[www.pam4kids.com](http://www.pam4kids.com)

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1. Make or buy some brewed black tea. After showering, apply that cooled tea to the affected area. The tannic acid and the theobromine in the tea begins to remove the heat from the sunburn while the catechins help prevent and repair skin damage.
2. If you have access to the aloe plant, you can use the fresh gel scooped from inside the leaf. Or purchase the prepared at Joe at a health food store. (Don't worry. It will work just fine), apply the aloe gel after the tea. Continue to use the gel daily until all pain has subsided. The redness disappears in a day or two, and the skin does not peel. Unlike the tea, using aloe vera on the skin leaves its soft and supple. It has astringent and skin refreshing properties as well as being a natural moisturizer.