

Winter Wellness Wonderland



Preventing and Treating “Maskne”

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"Maskne"- where your mask and your skin meet

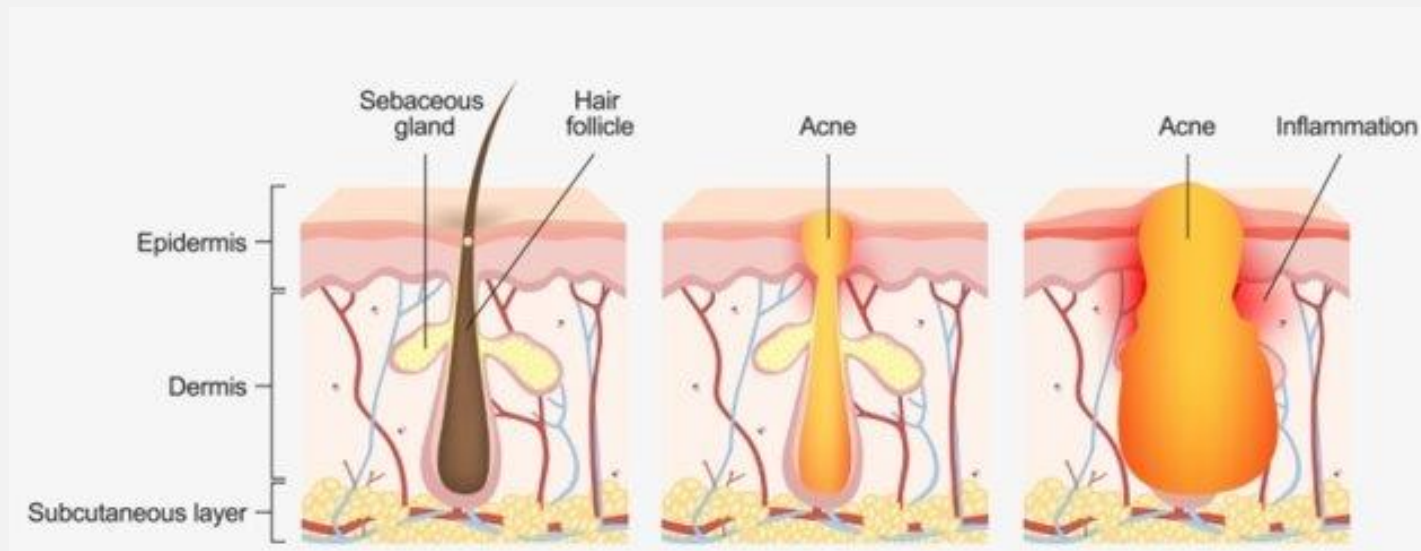
- While we're covering up our mouth and nose to stop the spread of COVID-19, some of us are uncovering a new problem.
- When you breathe or talk, your mask tends to trap in a lot of hot air. This air creates a warm, humid environment for yeast, bacteria and flora to grow.
- This can promote acne and rosacea flare-ups as well as perioral dermatitis (fine pimples and pustules around the nose and mouth).



Mask Acne

**Maskne* is the kind of acne caused by wearing a face covering that traps oil, sweat, and bacteria beneath it.

*When a mask rubs against the skin, it can irritate small hair follicles, which triggers inflammation and generates acne.



Preventing Mask Acne

- A gentle, fragrance-free cleanser is a good place to start. Avoid products that contain fragrances or too many chemicals as this can be irritating to skin.
- Use a soothing moisturizer (lighter if you are oily or acne prone & thicker if you have sensitive or acne-prone skin) daily. Even a sun block that contains zinc or titanium can help by serving as a barrier against friction or irritation.
- Wait 15 to 30 minutes to let the product soak into the skin before putting on your mask.
- Spraying lysol inside your mask is never a good idea. It can cause skin irritation.



Preventing Mask Acne

- A breathable cotton or cotton blend mask is cooler. Though tight weave fabrics and masks with several layers provide the best protection.
- Change mask frequently, especially after sweating.
- Launder regularly using a mild, fragrance-free detergent. Rinse twice.
- If you need to wear your mask for long periods of time but can take a break from it for a little while, you can put it in a paper bag to let it dry out in between uses during the day. Do not place in plastic, this can encourage bacteria growth.
- Take a 15-minute mask break every 4 hours.



Treating Mask Acne

Maskne

X = AREA OF CONTACT

VARIOUS MASKS



TREATMENTS:



Wash face twice daily



Use a cleanser with 2-4% of Benzyl Peroxide



If troubles persist, see a dermatologist

- For mild cases of *maskne*, over-the-counter facial washes and topical treatments that contain benzoyl peroxide or salicylic acid may help.
- Use as few facial products and makeup as possible because a mask can intensify product delivery to your skin.
- Using a gentle moisturizer daily will help to protect your skin from mask friction.

Treating Mask Acne



- A snug, comfortable fit also reduces skin problems.
- If the mask feels too tight or slides around on your face, it can irritate your skin.
- You're also more likely to adjust a poorly fitting mask.
- When you touch your mask, you can transfer germs to your mask and your face.

You can find face masks in any color or pattern you want. But even the cutest face mask can feel stuffy or increase acne breakouts aka, maskne.

Mask Bracket



According to Donald Dumford, Infectious Disease specialist using a mask bracket "may make you feel that you can breathe better, but it's really a perception and personal preference. It shouldn't be letting extra air in and out the sides of the mask. If it is, then your mask isn't protecting others."

Keep in mind: evidence shows that medical professionals who wear surgical masks all day do not have low oxygen levels. So, don't worry that wearing a mask tight around your face will affect how much oxygen you take in.

Remember: Keep Calm and Mask Up



- <https://www.aad.org/public/everyday-care/skin-care-secrets/face/prevent-face-mask-skin-problems>
- <https://www.yalemedicine.org/news/maskne-acne-from-masks>
- <https://www.health.com/condition/skin-conditions/maskne-mask-acne-mechanica>
- <https://www.geisinger.org/health-and-wellness/wellness-articles/2020/09/15/13/56/treating-maskne>

Questions?

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