

Masks and the Skin

Dr. Marni Wiseman MD FRCPC

Dermatologist

Associate Professor, University of Manitoba

SKiNWISE Dermatology

Masks



How to wear a mask

Do's and Dont's

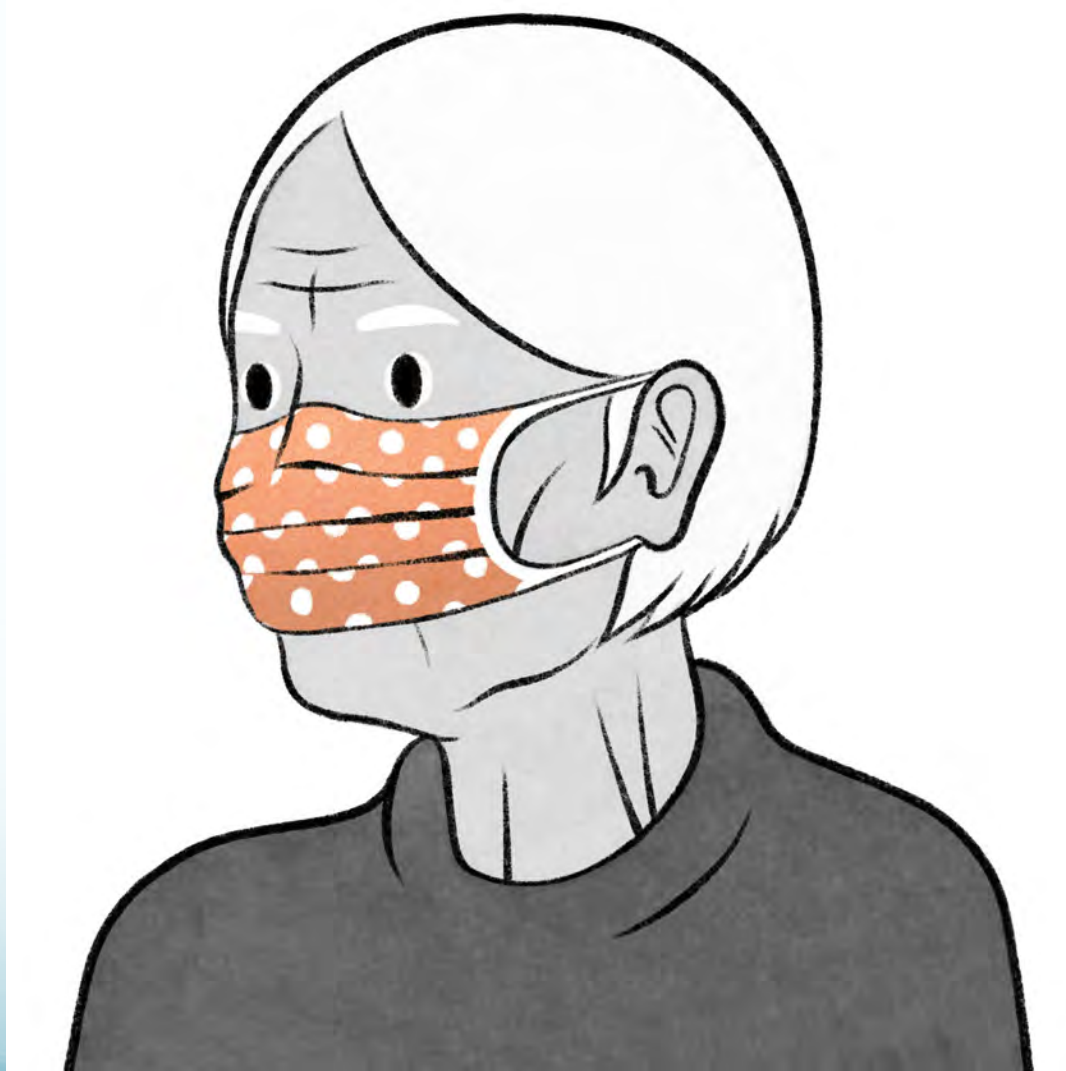
Don't: leave your nose exposed



Don't: Wear you your mask on the tip of
your nose



Don't: Leave your chin exposed



Don't: push your mask under your chin



Don't: wear you mask very loose with large gaps on the sides



Do: wear your mask high on the bridge of your nose to under your chin, and try to make it snug to avoid gaps



Tips

- *Wash/sanitize hands before and after you touch your mask*
- *Remove your mask with the ear loops/ties- do not pull down*
- *Do not touch the front of your mask*
- *When you remove your mask, place it on a clean surface*

Red Rashes

- *Most red rashes are IRRITATION from mask friction and not a true allergy*
- *What to do:*
 - *Do not over wash the skin- this can make it worse*
 - *Wash with water and gentle cleanser/unscented soap*
 - *Avoid irritating face creams/ washes*
 - *Gentle moisturizer, ceramide containing*
 - *Wash non-work medical masks regularly, cotton*
 - *If persists talk to your HCP*

Mask acne: Maskne



New onset acne or worsening of pre-existing acne

What Do You Do?

- *Treat as “regular” acne*
- *After remove mask, wash face with gentle cleanser*
- *Apply oil free moisturizer if dry*
- *Avoid “Make- up” under masks!!!*
 - *“break up with make up”*
- *Over the counter benzoyl peroxide washes or creams may help*
- *Wash non-work medical masks regularly, cotton*
- *Acne prescription medication may be needed- talk to your HCP*

Nose and Face Trauma



What Do You Do?

- It is difficult
- Hydrocolloid or band-aid to affected area
- Ok for a surgical mask
- Not acceptable for “N95 respirator”
- Barrier moisturizer- contains “dimethicone”

Rash or Pain Behind Ears

- Tight elastic behind ears- discomfort
 - Option: - string- tie mask, clip that connects the ear loops behind the head instead of behind the ears



What do we do in the Winnipeg cold weather?

- No “science” behind it
- Bundle up:
Mask + scarf on top of mask= winter fun!!!

A winter scarf is not a substitute for a mask



Thank you!!

- Questions....