

Thank You to All Our Clinicians

What you do day in and day out is nothing short of being heroic. Thank you for all you do for your patients and as a partner to Advanced Tissue!



Face Mask Skin Irritation is a New Concern



As we enter this new normal, your face mask may be causing some less-than-desirable side effects when it comes to your skin. “Any fabric rubbing against your skin may lead to friction and irritation. Plus, oil, sweat, dirt, and makeup can build up under the fabric. This can lead to rashes or even acne breakouts, especially in areas where the mask directly comes in contact with your skin.”

In addition to the mask itself creating skin irritation, there's the fact that you're trapping your own breath and creating a warm, moist environment. “Skin under a mask can get ‘sweaty’ and damp from the moisture in your breath. This can make it susceptible to breakouts and irritation.” -*Joshua Zeichner, MD, Director of Dermatology at Mount Sinai Hospital in NYC.*

Tips for Taking Care of Your Skin Under a Mask

1. Wash Your Face

Wash your face with a gentle cleanser before applying your mask. Harsh facial cleansers can disrupt the outer skin layer, leading to dryness and inflammation. This makes it more likely that you'll develop irritation from a mask. Try to keep your face as clean as possible during the day; consider carrying cleansing wipes and use every few hours during the day.

2. Pat, Don't Rub, Your Skin Dry

After washing your face with an antibacterial face wash, let your skin air dry or carefully pat it dry with a clean towel.

3. Moisturize

Moisturize with a thick ceramide-based balm to the areas where the mask will touch at least 30 minutes before putting it on. This will create a protective barrier between the mask and your face to reduce friction. If you apply a moisturizer before work, keep a small container in your pocket to apply (with clean hands and away from a resident care area) to your face throughout the day.

4. Avoid Wearing Makeup When Possible

To lower your risk of irritation, keep your skin as clean as possible. Skip makeup application when wearing a mask. It's a good idea to let your skin breathe. Focus on a cool eye shadow if you feel better with makeup.

5. Change or Wash Your Mask Often

If you're wearing a face covering that you made at home, change and wash it often. Remove the mask every hour or so for one to two minutes to let the skin equilibrate with the rest of the facial surface area's temperature and humidity. You can re-use the mask, but make sure it is removed properly, remains clean, and is reapplied gently.

6. Treat Irritation

While you want to keep the skin clean and free of irritants, you also want to make sure you're not drying out your complexion and stripping it of essential oils. After cleansing, be sure to follow up with a lightweight moisturizer as noted above.

Minimize Dry Mouth Under a Mask - *Remedies to relieve the symptoms of dry mouth*

Dryness of the mouth is a symptom that occurs when the amount of saliva produced in your mouth is insufficient to maintain hydration. It's also common for your mouth to become dry if you're feeling anxious or nervous.

1. Drink water frequently to keep your mouth moist.
2. Suck on sugar-free hard candies.
3. Chew sugarless gum; the chewing action helps stimulate saliva flow. Avoid acidic candies such as lemon drops.
4. Avoid salty foods, dry foods (for example, crackers, toast, cookies, dry breads).
5. Avoid caffeine (coffee, tea, some colas, chocolate drinks).
6. Eliminate sugary foods or beverages. Switch to honey from sugar.
7. Quit smoking or chewing tobacco.
8. Avoid breathing through your mouth.



Breathing Through a Mask - *Suggestions from the field*

- » "When you think you can't breathe --don't breathe through your mouth."
- » "Position the top part of the mask as high as possible on your nose, especially if you wear glasses."
- » "Only breathe through your nose. That suffocating feeling will go away eventually."
- » "Another thing often overlooked is how low the metal strip is on your nose... If it's too low (and pinched too tightly), you're going to pinch your nasal passages closed. Try putting the metal strip at the very top of your nose so that the upper strip runs right under your eyes. Up there, you can pretty much pinch as tight as you want for an airtight seal."



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