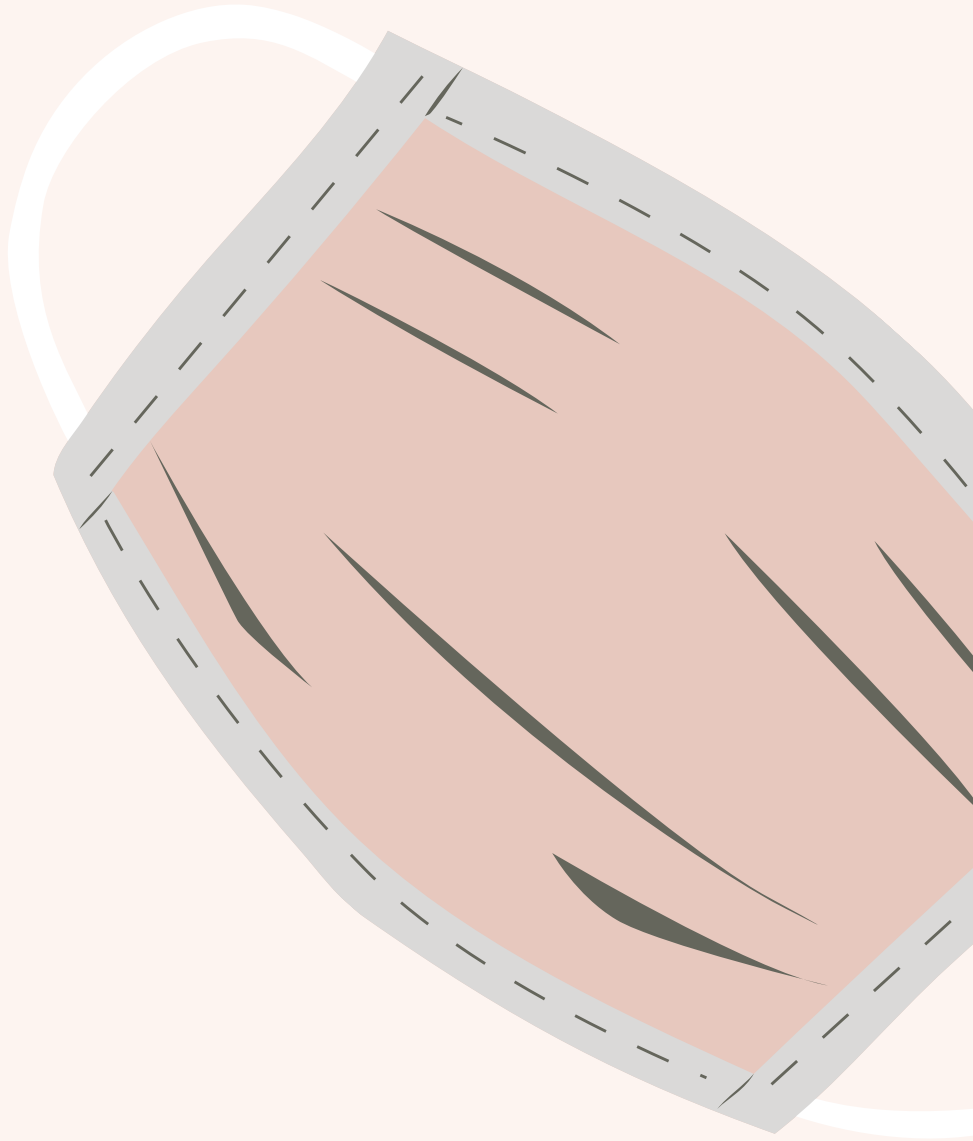




THE SKIN CENTER
BY CHARLOTTE PLASTIC SURGERY.



Maskne Got You Down?

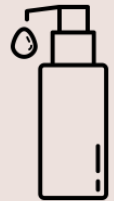
How to Prevent Maskne?

[mask + acne]

acne or a similar skin breakout caused by frequently wearing a face mask.

1. AM & PM Cleanse

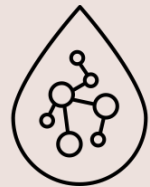
Having a consistent AM & PM Cleansing regimen is essential.



To prevent over-cleansing, stick to a morning and before-bed routine. Look for a face cleanser that contains salicylic acid, tea tree oil, or even calendula extract. All three ingredients help to remove excess oils as well as contain properties that help to prevent flareups caused by irritated pores. Cleansing wipes and Blotting paper may also be helpful in gently wiping down your face or drying up excess oil without stripping the skin.

2. Keeping Skin Hydrated

Keeping skin well-hydrated is the key to protecting it from irritation.



A hyaluronic acid spiked serum, helps attract and retain the water content of skin, as well as repels oil.

3. Skip and Go Naked

Skip foundation and concealer while wearing a mask.



The heavier formulas mixed with the increased moisture can form a waxy film that lead to an increase of clogged pores and breakouts. If you just can't go without coverage, reach for a light weight, tinted SPF that provides moisture, SPF protection and creates a smooth, even skin tone.

4. Correct

Already suffering from maskne? it's important to start treating right away!



Once you remove your mask, wash your face with warm water and a gentle cleanser, then apply a treatment cream or gel to the affected areas. Safe, non-prescription acne spot treatments to look for should include ingredients like benzoyl peroxide or salicylic acid. If the acne or breakouts persist for more than a few weeks, we recommend you consult a skincare specialist or dermatologist.

5. Reassess

If you are experiencing severe irritation, acne flareups, or have developed open sores.



Take a 'time out' from deeper skincare activities that include harsh chemicals, i.e. at-home peels and Vitamin A. Consider switching your powerful Retin-A to a gentler option that will cause less irritation and your skin will tolerate more easily.

Products such as alpha hydroxy acids, chemical peels or Retin-A, the usual go to for treating acne, make skin more sensitive to the mask's irritating effects causing dry patches, stinging, burning, inflammation, even exacerbating eczema - all signs of a compromise skin barrier.

6. Lip Service



Wearing a mask can disrupt the natural barrier and deplete the lips of moisture.

To avoid lips becoming cracked and chapped fortify them by layering on your favorite lip balm before slipping on your mask, then reapply during the day, but most especially before going to bed to help repair at night.

7. Wash and Wear



Do you wear your mask everywhere?

Are you laying it in a sunny spot, or better yet, hanging it from the rearview mirror of your car in hopes of killing the microbes? Eewwe! That may help kill the virus, but the daily build-up of dead skin cells, sweat and oils are breeding and ready to cause Maskne next time you apply that mask.

Some of Our Favorite Items to Help Combat Maskne

SkinMedica® Products

- Facial Cleanser
- Rejuvenating Toner
- Ultra Sheer Moisture
- Essentials Defense SPF35

Alastin® Product

- Restorative Skin Complex with TriHex Technology



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