

Ghent University Hospital Guideline: Prevention and Treatment of skin breakdown associated with the use of a facial mask

Prevention of skin breakdown associated with the use of a facial mask



Alves, P. et. Al. P. PRPPE guideline | COVID19. Prevenção de lesões cutâneas causadas pelos Equipamentos de Proteção Individual. Journal of Tissue Healing and Regeneration 2020

Apply a restorative moisturizing cream (e.g. Avène cicalfate cream) **once or twice a day** on the irritated areas (nose, cheeks, forehead and the posterior region of the ear).

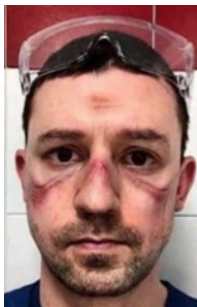
- Apply a **thin layer** of cream and massage this gently into the skin.
- **Never apply the cream less than one hour before using a face mask.** The skin has to be **completely dry**.
- Avoid the use of make-up and remove excess facial hair.

Apply additionally strips of silicone tape (e.g. Mepitac®) **on the irritated areas.**

- If the silicone tape does not adhere, apply a barrier film (e.g. Cavilon®) first followed by the silicone tape.
- Should the facial masks position shift over the tape, additionally apply the barrier film on top of the tape and let dry.



Treatment of skin breakdown associated with the use of a facial mask



Replace the silicone tape by a thin foam dressing (e.g. Mepilex® Lite)

- Apply a barrier film on the surrounding intact skin to assure good adherence of the foam dressing.
- Cut the foam dressing in strips of +/- 3cm and apply on the irritated areas. The dressing protects the intact skin and stimulates the healing of the open lesions.
- Use the facial mask and press firmly to adapt to the contours of the face.
- The foam dressing can be applied as long as it is not saturated and remains in place.



Please contact the wound care team for questions or additional information!