



A REVIEW OF MASKNE: AN ACNE CAUSED BY MASK

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ABSTRACT:

The term "maskne" was coined amid the continuous COVID -19 pandemic, assigning acne associated with the delayed use of protective mask-wearing. Maskne can be a variety of an acne mechanica which are caused by mask-induced mechanical damage (weight, contact, and rubbing) and impediments. The extra variables affecting the onset of maskne include environmental factors, duration of mask-wearing, the type of mask, and previous facial skin disease and the predominance of maskne is expanding since masks are the foremost commonly used personal protective equipment [PPE] in general. Wearing masks in the open tends to be the "unused typical" indeed, the post-pandemic period. Thus, the issue of maskne may end up indeed. This review aims to provide a comprehensive a view of current information on predominance, pathogenesis, anticipation, expectation and treatment of maskne. Masks are essential for COVID -19 prevention, but as of late they have been recommended to adjust the cutaneous facial microenvironment and trigger facial dermatosis. The purpose of this article is to discuss the pathogenesis, treatment, precautions and move on to appropriate therapy.

INDEX TERMS: COVID-19, pandemic, maskne acne caused by mask, causes, treatment, precaution.

INTRODUCTION:

The SARS-COV-2 (COVID-19) wide spread has driven the worldwide selection of cover wearing among laypersons and wellbeing care. People who are required to wear defensive face or head cover since their work- such as the therapeutic experts, development specialists, or footballers- may as of now be recognizable with the condition, formally known as a skin break out mechanica. In the midst of the COVID-19 pandemic, the introduction of people cautioned a sort of gear [PPE]. Such as masks and gloves, on facial dermatitis assessed the brief term cutaneous effects of wearing surgical masks and PPE on the skin, finding noteworthy alterations in the level of hydration, trans-epidermal water hardship, pH, erythema, and sebum generation. Masks are at the show with dressing and moisturizers to expect both parchedness and weight ulcers, but topical pro may be comedogenic and negative for pre-existing facial provocative dermatosis, particularly for skin break out. In truth, maskne or mask related acne break out may be a well- recognized comorbidity due to PPE amid the COVID-19 pandemic, both among health care professionals and ordinary people. Masks are presently a portion of our regular lives. For a few people, what's underneath the cover is giving them issues they've never

had time as of late. It appears dermatologists are seeing more patients suffering from mask-related skin break out - or in this case MASKNE.

WHAT DOES MASKNE CRUEL REALLY DO??

The logical term for Maskne is the skin breakout ACNE MECHANICA. It's a particular frame of skin break out that is activated by contact or weight on the skin from overwhelming clothing or defensive equipment. Maskne is given to the side impact of wearing face covers. However, maskne can be affected by friction, heat, trapped oils and by microorganisms that cause breakouts.



Figure1: Acne caused by mask

Acne v/s Maskne

While it's hard to observe if the pimples on the face are caused by mask or other factors. When pimples begin to appear right after wearing a disguise, that ought to be an obvious sign simply are encountering maskne versus normal acne

MASKNE looks like a minor little whitehead. Disregardance may lead to severe conditions.

ACNE may be a skin condition which happens when your hair follicles end up stopped with oil and dead skin cells. It causes whiteheads, zits or pimples. Acne is the foremost common among youngsters, in spite of the fact that it influences individuals of all ages. Effective skin breakout treatments are available, but skin break out may be tireless. The pimples and bumps mend gradually, and when one starts to go absent, others appear to trim up. Depending on its seriousness, Acne can cause enthusiastic trouble and scar the skin. The prior you begin treatment, the lower your chance of such problems.

- Whiteheads[closed spores]
- Blackheads[open pores]
- papules[small red bumps].

CAUSES OF SKIN BREAK OUT:

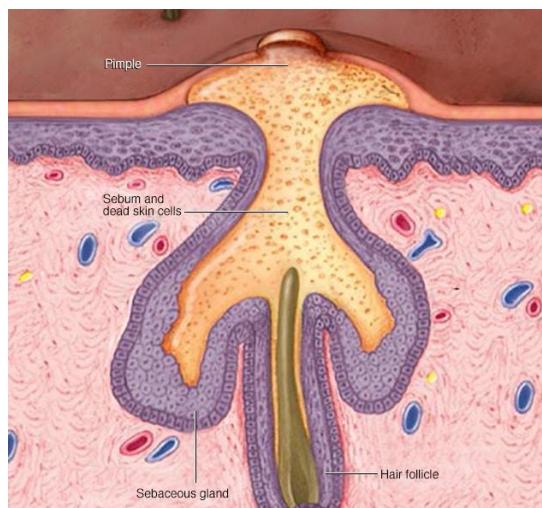


Figure 2: Development of Acne

How is acne developed?

The four primary components cause acne:

- Excess oil (sebum) production
- Hair follicles clogged by oil and dead skin cells
- Bacteria,
- Dandruff.

Acne regularly appears all over, on your face, forehead, chest, upper back and shoulders and since these regions of skin have the foremost oil (sebaceous) glands. Hair follicles are associated with oil glands.

Complications:

Individuals with darker skin types are more likely than individuals with lighter skin to experience these acne complications.

Risk factors for maskne include:

- ❖ Age: people of all ages get acne but it's common in teenagers' hormone changes amid midlife.
- ❖ Diet: consuming more sweets, oily substances, carbohydrates- rich food may worsen acne.
- ❖ Friction: this is caused by cellphones, caps, and even makeup.

Determining the best treatment for you depends on its seriousness. The best way to decide the right treatment plan is to see a dermatology supplier. There are many different treatment regimens shifting from person to person. A dermatologist will closely look at your skin to see which of the different sorts of lesions appear:

Mild noninflammatory acne [comedonal acne] is incorporated with whiteheads and blackheads

Moderate inflammatory acne includes papules and pustules

Severe inflammatory acne includes nodules and cysts.

Noninflammatory acne can more often than not be cleared up with the help of OTC products containing active ingredients like salicylic acid and benzoyl peroxide, or prescription-strength topical retinoids.

Inflammatory acne requires topical or oral prescriptions from a dermatologist. • In spite of the fact papules and pustules may clear up with OTC products alone, inflammatory acne is more likely to lead to scarring, so seeing a dermatologist is the perfect way to clear acne and prevent acne scars.

TREATMENT FOR MASKNE:

The term has been successfully introduced on social media, where it is also possible to find home remedies that can aggravate the facial dermatosis.

TOPICAL RETINOID FOR MASKNE:

- ◆ ADAPALENE TOPICALS 1%
- ◆ ADAPALENE /BENZOYL PEROXIDE TOPICALS
- ◆ TRETINOIN TOPICALS [retina-A]
- ◆ TAZAROTENE TOPICALS[tazorac]

TOPICALS NON ANTIBIOTICS FOR MASKNE:

- ◆ BENZOYL PEROXIDES
- ◆ AZELAZIC ACID CREAM
- ◆ DAPSONE GEL
- ◆ SALICYLIC ACID CREAM

TOPICALS ANTIBIOTICS FOR MASKNE:

- ◆ CLINDAMYCIN TOPICALS [{benzacllin } clindamycin +benzyl peroxide}]
- ◆ ERYTHROMYCIN [{benzamycin}erythromycin+benzyl peroxide }]

NOTE: antibiotics are more effective in combination

ORAL ANTIBIOTICS FOR TREATMENT OF MASKNE:

- ◆ DOXYCYCLINE 50 TO 100mg ONCE OR TWICE PER DAY
- ◆ MINOCYCLINE 50 TO 100mg ONCE OR TWICE PER DAY



*Regular treatment is encouraged to improve results significantly.
Results will differ from one individual to another based on skin condition.

Figure3: Treatment of Maskne

PRECAUTIONS:**GET INTO SKIN CARE SCHEDULE****WASH YOUR FACE:**

Wash your face with a delicate cleanser and take up with a non-comedogenic moisturizer once in the morning and once before bed. If you're breaking off your mask, it's shrewd to skip the scrub (for now) since it may



be unpleasant on your skin where as it feels sensitive.

MOISTURIZERS:

When going for an acne treatment, now and then include moisturizers. Acne can cause your skin to feel oily and greasy, so moisturizers may be the final thing you had to think of trying. A moisturizer, however, may be just what you wish for the off chance you are utilizing one of the following acne treatments: Benzoyl peroxide, salicylic acid, Adapalene, tazarotene, isotretinoin. These treatments tends to dry and irritate the skin hence dermatologist recommended moisturizers

SAY NO TO MAKE-UP:

Maskne can even worsen by make-up under the mask, by blocking the pores and which triggers the acne break out, preventive measures should be taken while wearing a make-up which includes non-comedogenic oil free and lightweight formulations.

TIPS:

- i. Wash your face twice a day with good cleansers and do not wash more than twice. It can worsen your skin.
- ii. Use your fingertips to apply gentle, non-abrasive cleanser, don't scrub your face too harshly with cleansing cloth sponges...etc., be delicate with your skin and skin care routines.
- iii. Avoid wearing make-up.
- iv. Use a cloth mask and don't forget to wash off the mask



- v. Don't get too stressed, and neglect the skin breakouts which may lead to pits, scars on the skin which may decrease self confidence.
- vi. Take a sufficient amount of water which hydrates your skin.
- vii. Consume fruit everyday for a more youthful appearance.
- viii. Exercising and practicing yoga makes a healthy body and healthy skin.
- ix. Avoid intake of junk, spicy foods which irritates the digestive system and may also cause skin breakouts.
- x. A good sleep for 8 hours [skin rejuvenates more and more when you have a good sleep and skin breakouts can be slowed].

CONCLUSION:

Based on the following information gathered, conclusions were made. Maskne or Acne Mechanica is growing now that more and more people are wearing masks. It can be said as a tug-of-war for all youngsters. This skin problem manifests itself in the form of acne, itching, dryness, inflammation and redness of the skin. The use of masks will probably be a part of the daily life of many people, but do not worry, because there are effective ways to prevent and treat maskne to ensure the health of the skin. You can do this by making some changes to your regular skin care and habits. If skin problems persist despite best efforts, consult a skin care professional. As you can see, the mask can be a problem, but this problem can be solved! No matter who you are, it is possible to reduce your maskne. Finally, don't panic, this can be cured completely with regular routines.

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