

Maskne Remedies In Pregnancy



Maskne refers to acne caused by constantly wearing masks. Here are a few ways to reduce them and prevent them from recurring.

Use disposable masks so that germs do not resettle on your face.



Use mild face wash once or twice a day.



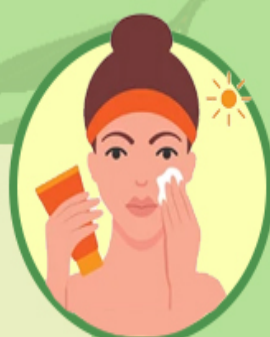
Try to limit or avoid makeup under the mask.



Avoid using wet masks and unwashed cloth masks.



Apply moisturizer and sunscreen before wearing a mask.



Wash your face and apply moisturizer before bedtime to rejuvenate the skin after a long day of wearing a mask.



References:

1. Prevent pimples and avoid 'maskne' with pregnancy-safe acne treatments; UT Southwestern Medical Center
2. The struggle with maskne is very real; Cleveland Clinic