

The Mortar & Pestle:

MD Custom Rx's monthly e-newsletter

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Greetings!

At MD Custom Rx, we care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.



Sincerely,
Dan, Monica and John

“Maskne” - Face Masks and Skin Irritation

“Maskne” – or mask acne – can result from regular or prolonged use of face masks. Trapped moisture, bacteria, oils, and dirt can clog pores and contribute to acne, rosacea, folliculitis and irritation. Your skin can also be damaged by friction if your masks rub the bridge of your nose, cheekbones, or behind your ears.



To help decrease the occurrence and severity of these problems, wash or replace your masks frequently. It's helpful to wash masks and your face with a fragrance-free cleanser. Using fragrance-free moisturizer that contains ingredients such as ceramide, hyaluronic acid and dimethicone can help protect your skin without clogging pores.

We can compound facial cleansers that contain helpful ingredients such as salicylic acid, niacinamide, and glycolic acid. Ask us about medicated gels to help with minor skin irritation, itching, redness and mild blemishes, including bases that may improve the appearance of red and blotchy skin.

Reference:

<https://www.oregonclinic.com/about-us/blog/tips-dealing-maskne>

Ask our compounding pharmacist for more information about customized medications to meet your specific needs.

Our Vitamin Coach, Dan Zatarski, R.Ph., Pharm.D. is available to discuss supplement options that could help with drug induced nutrient depletion (DIND).

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