

# Guidance for the Prevention and Management of Skin Damage beneath PPE

Pressure damage to the face, neck, and ears under PPE can occur for three reasons

- Shearing
- Friction
- Moisture

Prevention of friction and shearing can be optimised through accurate fit testing and regular offloading of the mask ideally every 2 hours. Prevention of moisture can be optimised through barrier products such as Cavilon™ Non Sting Barrier Film.

## 1. First line prevention

Following trust guidance on face mask fitting ensuring all folds in the mask have been used. Avoid over tightening.

- Keep your skin clean and stay well hydrated
- If you want to apply moisturiser please do so **30 minutes** before applying PPE
- Apply **3M™ Cavilon™ No Sting Barrier Film** swab to all areas that are likely to become moist from sweat and/or expiration. This will take up to **90 seconds** to dry
- Perform regularly inspection of your skin for signs of redness/soreness or open areas

**Caution:** Skin protectants and emollients with white soft paraffin, such as 50:50 ointment, are flammable; you are advised not to smoke with them on your skin. Cavilon products **do not** contain white soft paraffin.

## 2. Second line prevention

If at all possible avoid the use of dressings as they may compromise mask fit but if you need to use a product underneath your mask to protect the skin, consider the following;

You can apply either

- **DuoDERM® Extra Thin** can be cut to size and placed on the bridge of the nose, cheeks, tops of ears, and the chin or anywhere that contact friction is occurring
- **Siltape** can be used over the bridge of the nose, cheeks, and tops of ears and on the chin. Siltape is a silicone based tape and removal is gentle to the skin

**Repeat the fit test of the mask after any dressings has been applied**

**Remove dressings every time PPE is removed**

<b>Cavilon™</b>	Foam applicator 1ml (25)	£0.76 each	<a href="#">ELY038</a>
<b>Duo-DERM®</b>	10cm x 10cm (10)	£1.09 each	<a href="#">ELM050</a>
<b>Siltape</b>	2cm x 3m (1 roll)	£6.11 each	<a href="#">EHR053</a>

## 3. Management

If a skin break or damage occurs to your face and/or ears;

- Inform your **line manager** and complete a health and safety **[DATIX incident form](#)**
- Contact clinical media to organise images ext 4319

For further advice please contact the tissue viability team via email at [bsuh.woundcare@nhs.net](mailto:bsuh.woundcare@nhs.net)