

Protocol for Prevention of Facial/Ear Breakdown from Respiratory Devices (N95 masks)

Aim: To reduce/prevent any facial abnormalities from extended wear of N95 masks.

Supplies: Mepilex Lite (various sizes- 2.5 x 3.5; 4 x 4; 6 x 6 cm)

Mepitac Tape- ¾ inch or 1.6 inch

Hy-Tape- ½ inch

Procedure for Nose/Cheeks:

- Cut a piece of Mepilex Lite by width to fit across the bridge of the nose and across the upper cheeks (to be lined up UNDER the flexible metal on the superior edge of the N95).
- **if the Mepilex Lite does not fit in 1 continuous piece, DO NOT OVERLAP.
- Apply the longest piece across the bridge of the nose and if needed, place additional pieces at the edge, adjacent to the main piece. See Photo example
- Place the N95 as usual. Using 2 fingers on each side of the nose at the bridge, mold the mask in place by walking your fingers down the molding piece by MILLIMETERS. Pinching at the nose once or twice is NOT accurate.
- Have a buddy check your face to ensure the seal looks correct.

Procedure for Ears:

- Cut a piece of either Mepitac tape or Hy-Tape to be applied over the top of the ear (helix). It should cover the superior aspect and also can be placed down the back side. You may need to cut Mepitac in half width-wise.
- Cut Mepitac with the backing paper intact and then remove when it is sized properly.
- You may need 2 pieces of Hy-Tape if it's not wide enough

Refer to the attached powerpoint for images of steps.

Disclaimer: This document is intended for educational and informational purposes only. It does not constitute medical advice. Follow institutional policies, manufacturer recommendations and principles of sound clinical judgment. It is the responsibility of each healthcare professional to verify with their institutional infection control team that any measures taken to prevent or manage PPE-related skin injuries do not interfere with the efficacy of the PPE nor are in conflict with any workplace policy. Individuals may require a repeat mask fit testing to ensure prevention and management efforts do not interfere with PPE efficacy. Clinicians should seal check N95 respirator masks before beginning patient care.