

A simple technique of wearing face masks to avoid pressure on the ear

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Dear Editor,

Following the outbreak of coronavirus disease in 2019, the use of face masks as a protective measure has become widespread worldwide (COVID-19). Prolonged use of earloop masks, on the other hand, causes pressure injury and dermatitis on the skin of the ear, resulting in uneasiness. People frequently adjust the mask to release pressure, putting them at greater risk of infection¹. This mask can also cause pinna protrusion in children². To address this issue, the earloop mask is tied around the occipital area and secured with a plastic band³. Furthermore, due to the small and silky nature of the loop, the upper part of it touches the ear and may slip into the suboccipital region, causing pressure injury, particularly in males. Furthermore, due to the small and silky hair over the area, the upper part of the loop touches the ear and may slip into the suboccipital region, causing pressure injury, particularly in males. A neck-loop face mask is a better option for overcoming the disadvantages of the earloop mask (Figure 1). The upper loop,



Figure 1. N95 masks with neck tie loop with adjustable knots.

however, comes into contact with the ear and can cause some pressure when tying it at the occipital area, from which it slips, in both females and males (Figure 2a,d). To relieve this pressure, tie the upper loop of the mask over the crown in females (Figure 2b,c) and the mid-skull in males (Figure 2e,f). There are three advantages to using this method. First and foremost, tying the mask is simple and straightforward without putting any pressure on the ear. Second, it improves the airtightness of the mask space. Third, in the event of an emergency, the upper loop of the mask is released and immediately pulled up and placed over the skull; there is less manipulation and no need for any additional device to place the mask loop over the skull.

Muhammed Mukhtar, MD*

Mukhtar Skin Centre, Katihar Medical College Road, Katihar, India

*Correspondence:

Muhammed Mukhtar, MD

Mukhtar Skin Centre, Katihar Medical College Road, Katihar, India

Email: drmmukhtar20@gmail.com

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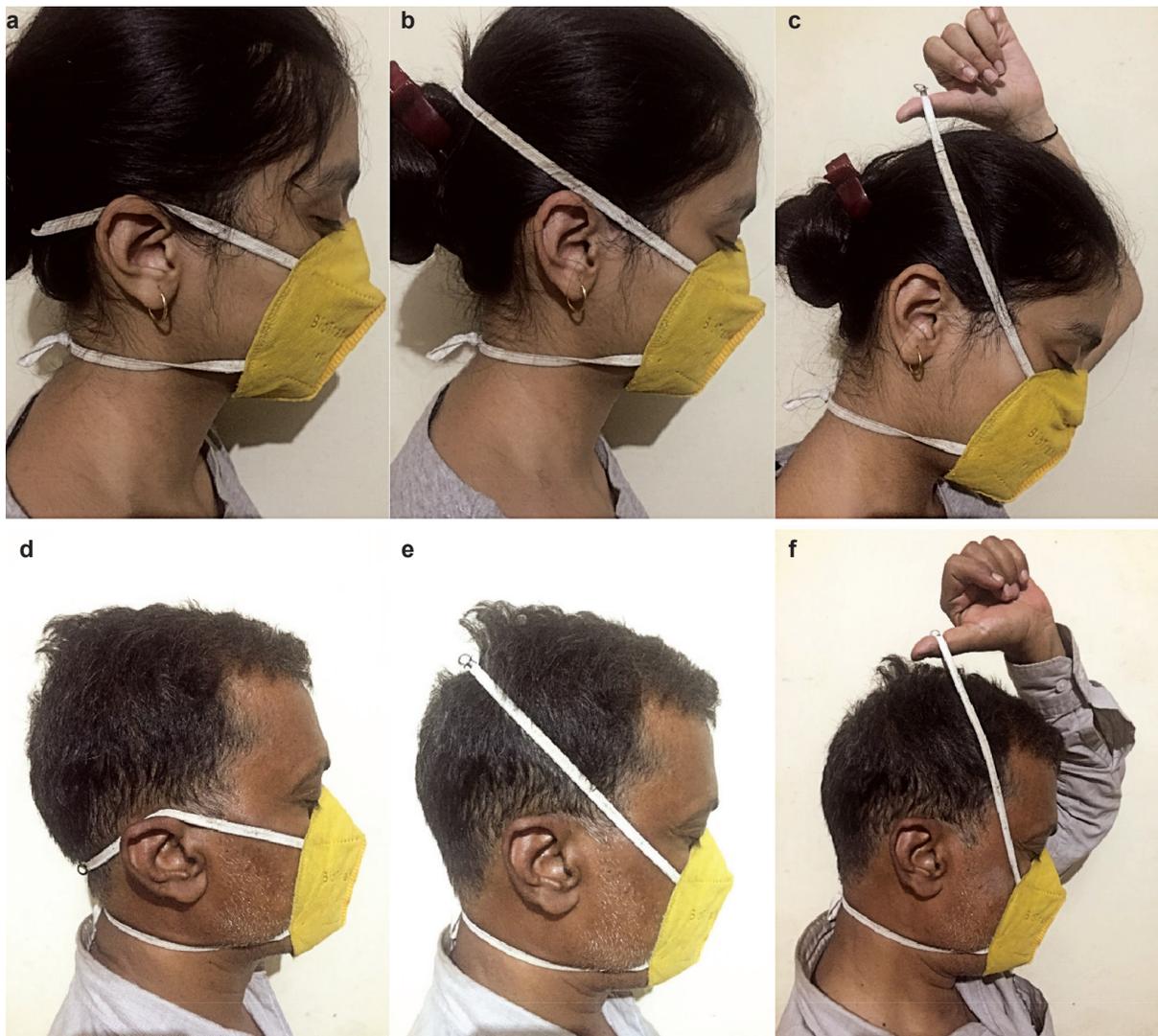


Figure 2. (a,d) The mask slips from the suboccipital area, causing pressure over the ear, (b,c) the mask-wearing techniques for avoiding pressure injury over the ear in females, and (e,f) in males.