

INTISARI

Pandemi COVID-19 telah menciptakan kebiasaan baru bagi masyarakat dengan mewajibkan penggunaan masker sebagai salah satu upaya pencegahan penyebaran virus SARS-CoV-2. Namun ternyata, penggunaan masker dapat mengubah karakteristik kulit dan menimbulkan masalah baru. Kejadian akne paling sering dilaporkan dan dipopularkan dengan sebutan “maskne”. Maskne perlu diobati untuk mencegah keparahan dan penurunan tingkat kepercayaan diri seseorang. Probiotik kini semakin diminati oleh industri farmasi karena dilaporkan memiliki banyak manfaat dalam memperbaiki mikrobioma kulit.

Berdasarkan adanya potensi tersebut, dilakukan penelitian menggunakan metode *narrative review* yang bertujuan untuk mengetahui dampak dan masalah kulit yang terjadi setelah menggunakan masker serta potensi probiotik dalam mengatasi maskne. Penelitian dilakukan dengan penentuan kata kunci, pencarian pada *database*, seleksi artikel, dan *review*. Artikel yang telah direview sebanyak 40 artikel yang berasal dari 4 *database*.

Hasil penelitian menunjukkan bahwa masker mengubah beberapa karakteristik kulit seperti suhu, eritema, hidrasi stratum korneum, *trans-epidermal water lost* (TEWL), pH, sebum, lesi jerawat, kandungan dan profil mikroba. Hal ini menyebabkan masalah kulit baru seperti maskne, dermatitis kontak, *rosacea*, dan dermatitis seboroik. Probiotik oral maupun topikal diketahui berpotensi dalam mengatasi maskne dengan efek samping minimal.

Kata kunci : COVID-19, masker, jerawat, probiotik

ABSTRACT

The COVID-19 pandemic has created a new habit for the community by requiring the use of masks as an effort to prevent the spread of the SARS-CoV-2 virus. But it turns out that the use of masks can change the skin characteristics and cause new skin problems. The incidence of acne is most often reported and popularized as "maskne". Maskne needs to be treated to prevent its severity and a decrease in a person's level of self-confidence. Probiotics are now increasingly in demand by the pharmaceutical industry because they are reported to have many benefits in improving the skin microbiome.

Based on this potential, a study was conducted using the narrative review method which aims to determine the impact and skin problems that occur after using masks and the potential of probiotics in overcoming maskne. The research was conducted by determining keywords, searching the database, selecting articles, and reviewing. The articles that have been reviewed are 40 articles from 4 databases.

The results showed that the mask changed several skin characteristics such as temperature, erythema, stratum corneum hydration, trans-epidermal water lost (TEWL), pH, sebum, acne lesions, microbial content and profile. This causes new skin problems such as acne, contact dermatitis, rosacea, and seborrheic dermatitis. Oral and topical probiotics have the potential to treat maskne with minimal side effects.

Keywords: COVID-19, masks, acne, probiotic

