

## HEALTHY SKIN UNDER LOCKDOWN WITH DR. WEISHAR

With so many things out of our control, don't let your skin be one of them.

May 10, 2020

---

TEXT: ALLIE KENVIN

The lockdown has touched seemingly every corner of our lives, from big to small. It has shed light on everything from the cracks in our medical system to those of our dry hands, dehydrated from endless handwashing. Our lifestyles have changed in turn, with many of us unable to access stores, gyms, etc. to go about our day-to-day as we once did.

But changes in self-care, as well as how we go about it, don't have to be catastrophic. We spoke to dermatologist Dr. Weishar of Springhouse Dermatology to ask about skincare while on lockdown. It was like getting advice from a doctor about a science-fiction novel, except for that novel is our real lives.



**V:** People are washing their hands more than ever. What does this mean for our skin?

**Dr. Margo Weishar:** Right now hand washing has to take precedence over healthy skin- we know that washing too often can disrupt the barrier function of the skin and lead to dryness and irritation. However, the risk of transmitting the virus to yourself and others is exactly from hand to face transmission. Everyone should be washing their hands after any exposure to an unknown surface, just make sure to replenish your skin with a good hand moisturizer afterward.

**V:** Should people still be wearing sunscreen even when they're staying indoors?

**DW:** We are now spending even more time in front of our screens than ever. Blue light from computer screens can affect the eyes and the skin. I recommend getting blue light filtering glasses along with a tinted zinc sunscreen to protect your eyes and skin. Especially for people who are prone to skin darkening (known as hyperpigmentation) from acne scars or other facial irritation.

**V:** People are using screens more than ever (I assume). Does that have any effects on our skin?

**DW:** See above but also want to add this is a good time to reup your vitamin d3 intake- it will help keep your immune system healthy.

**V:** Obviously everyone's skin needs are different, but are there a few staples or products that you're suggesting to patients who can't see you right now (stuff you can easily get from CVS)?

**DW:** Cerave, Cetaphil, Aquaphor, and Neutrogena are good over the counter brands. In general, you want a product with the least amount of ingredients and additives so it will be gentle to your skin.

**V:** Do you think this pandemic is affecting the way people do or don't take care of their skin?

**DW:** Yes! Most of us have let a lot of things go--daily showers, hair color, pants (!)--but I for one have paid more attention to keeping to a skincare routine. I don't have the excuse of not having enough time!

**V:** What services do you provide that you think most of your patients will flock back to do as soon as this is over?

**DW:** Well after 3 months the entire world will need botox as it will have worn off all at once! But seriously I think people will want some relaxing and pampering facials and microdermabrasion to blow away the layers of accumulated debris.