

**Rosacea** is a very common skin condition (of unknown cause) characterized by the formation of redness, flushing and in more severe cases one can develop acne-like bumps and pustules. Over time the skin may thicken up due to the chronic inflammation causing enlargement of the nose and tissues in the central part of your face. Rosacea most commonly affects the nose and central part of the face – including the forehead. Occasionally it can affect the eyes – causing burning, grittiness, watering, and redness of the eyes.

Although we can give you medications to tone down and control Rosacea, [there is no cure](#).

### **Trigger factors:**

- \*Fair complexion
- \*Menopause
- \*Emotional stimulation
- \*Extreme temperatures (hot or cold)
- \*Heat or exertion – such as seen with exercise, yard work
- \*Sun exposure – use good sun protection with sunscreens
- \*Hot drinks
- \*Spicy foods (Jalapeños)
- \*Caffeine
- \*Alcoholic beverages
- \*Physical stimuli such as rubbing, scrubbing, or massaging
- \*Cosmetic products (especially if they contain alcohol)
- \*Many other factors – depending of the individual

**Treatment:** Many treatments are available and your doctor will choose the best treatment for your circumstance. It is not a “one size fits all world” and if you do not respond to treatment – notify the doctor so he can consider other options.

- \*Anti-inflammatory medications such as [Metrogel](#), [Elidel](#), [Finacea](#), [Sulfacetamide/Sulfur](#) or [Aczone](#) are used on a daily basis to help control the every-day flares. Use one of these medications [every day consistently](#).
- \*[Steroid creams/lotions](#) (such as Desonide, Hydrocortisone 2.5 %, Hydrocortisone Valerate 0.2%, Locoid) - this is to be used when you get mild or moderate flaring. It is your “quick fix” to tone things down fast and efficiently but they should not be used on an every-day basis like the other anti-inflammatory agents.
- \*[Mirvaso](#) – this medication can be used regularly or intermittently to control the redness and flushing by constricting the blood vessels in the skin.
- \*[Oral Antibiotics](#) (such as Minocin, Doxycycline, Zithromax, or Bactrim) – these are used to control ocular (eye) Rosacea and more severe Rosacea that fails to respond to topical medications alone. Typically you will need to take one of these medications for at least 6 to 8 weeks. Even if your complexion clears – do not be deceived – keep taking the antibiotic to completely eradicate the microscopic inflammation and reduce your chance for a rebound flare.
- \*Laser devices may be appropriate to get rid of the permanent blood vessel change that occurs on the skin surface that is typically unresponsive to the above medications.