



Rosacea

Rosacea is an acne-like condition. It usually begins with a history of easy facial flushing & blushing. This frequently evolves into red bumps and pustules that look like pimples, and may be painful or itchy. The intermittent redness of the central face eventually becomes more persistent, and dilated blood vessels may be seen. Rosacea also may result in dry, easily irritated eyes that may also become persistently red, and the eyelids may be afflicted by styes.

Causes

The exact cause of rosacea is unknown. A blood vessel or neurologic abnormality, demodex (follicle mite), and trigger factors are all theories of what may cause rosacea.

Trigger factors

Trigger factors are things that make rosacea worse in *some* people. Each individual has to figure out for themselves which factors are important, if any. **Here are the most common ones:** alcohol, spicy foods, stress, exercise, extreme heat or cold, sun exposure, irritants applied to the skin (soaps, astringents), some fruits (tomatoes, citrus, bananas)

Good Skin Care Tips for Rosacea:

The key to caring for skin affected by rosacea is to treat it gently. Use a mild cleanser and do not rub or scrub skin. Choose products that are non-drying, free of alcohol or astringents. Make a habit of using sunscreen (SPF 30 or higher) every day. Moisturize your skin, especially during the colder months when the air is dry.

Treatment Options:

1. Avoidance of triggers, when reasonable
2. Topical treatments: metronidazole, sodium sulfacetamide, azelaic acid, ivermectin
3. Oral antibiotics: usually a tetracycline derivative, but many others may work
4. Accutane (low dose)
5. Laser ablation of dilated blood vessels

Oral treatment Instructions

Doxycycline or Minocycline: Oral Antibiotics for Moderate-Severe Rosacea

_____ AM/ PM: Doxycycline/Minocycline (Doryx, Acticlate, Oracea, Solodyn)

Instructions:

- Take pills with a full glass of water and at least 1-2 hours prior to lying down. It's OK to take with food but for doxycycline or minocycline, avoid taking with dairy products if possible as it may decrease the amount of medication absorbed from your stomach, but taking the medication without food may cause stomach upset. Do not take with iron pills or vitamins containing iron, antacids, calcium supplements, and laxatives. Do not take right before bedtime.

NOTE: May cause sun sensitivity, headaches, dizziness or dark spots on the skin. Sun protection is important especially during the summer months. Do not take oral antibiotics if pregnant. All antibiotics may cause mild nausea or vomiting, a vaginal yeast infection or reduce the effectiveness of birth control pills. Another form of contraception should be used. **Stop medication immediately and contact your doctor if you develop rash or hives, severe stomach pains, severe diarrhea, or severe dizziness or headaches**



Topical treatment Instructions

a. **Wash you face**

- a. Rub into skin and leave on for 2-5 minutes before washing off
 - i. _____ AM/ PM: Over-the-counter gentle face wash ([Cetaphil](#), [CeraVe](#), etc)
 - ii. _____ AM / PM: RX- Sodium Sulfacetamide 10% and Sulfur 5% wash (Plexion, Avar).

b. **Moisturize your face**

- a. _____ AM/ PM: Apply your favorite over-the-counter moisturizer ([Cetaphil](#), [CeraVe](#), [La Roche Posay](#) etc). Use a moisturizer with SPF 30 or above during the day. Wait a few minutes for moisturizer to absorb and face to dry off before proceeding to step three (the topical may sting if face is still wet).

c. **Apply full-face prescription treatments:**

- a. _____ AM/ PM: [Finacea](#) gel or foam
Instructions: apply to full face once or twice daily
- b. _____ AM / PM: [Metrogel](#) or [Metrocream](#) (0.75% or 1%)
Instructions: apply to full face once or twice daily
- c. _____ AM / PM: [Soolantra](#) (ivermectin 1% cream)
Instructions: apply to full face once daily
- d. _____ PM ONLY: [Tretinoin](#)
Instructions: apply a pea-sized amount to full face at night. Start slowly at once weekly, as it will dry out the skin. Increase gradually as tolerated to every night.
- e. _____ AM / PM: [Desonide/Desonate/Hydrocortisone](#) cream or ointment
Instructions: apply to red areas on face once or twice daily until clear then taper off.
Maximum use 2 weeks per month once clear.

d. **Apply prescription spot treatment (if directed):**

- a. _____ AM/ PM: RX- Topical [Clindamycin](#) or [Benzaclin](#)
Apply as spot treatment only to large red bumps twice daily

Additional Treatments

- **Mirvaso or Rhofade:**
 - These medications shrink blood vessels temporarily to reduce redness. It takes about 3 hours to reach full effect and lasts 12 hours before returning to normal.
- Instructions:
 - Apply the medication as a thin, even layer once across the face avoiding the eyes and lips as well as irritated skin or open wounds. *Apply in morning before any other cream or topical medication.*
 - If the medication is spread evenly over the face, the clear formulation should be fully absorbed and not be visible. Wash your hands immediately after application.