



bliss dermatology

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Rosacea

- Rosacea is a common skin condition that causes redness in your face and often produces small red bumps similar to acne. Most people with rosacea seem to flush or blush more often than the average person.
- Rosacea can't be cured, but can be controlled.
- Left untreated, rosacea tends to worsen over time.
- Using your medications faithfully can give you much clearer skin and actually help keep the symptoms from coming back.

Rosacea consists of different variants.

Variants:

- Vascular: recurrent flushing/blushing, small broken blood vessels
- Inflammatory: inflammatory pustules/zits
- Phymatous: enlargement of the nose with thickening
- Ocular: burning/stinging, itching, foreign body sensation in the eyes as well as sensitivity to light, blurry vision, dryness

Cause is Unknown

There are many theories about what can cause rosacea, including but not limited to:

- Bacteria
- Blood vessel abnormality
- Neurologic abnormality
- Demodex mite (follicle mite)

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Trigger factors

There are many potential trigger factors, but they do not affect all people with rosacea.

Here are the most common ones:

- Alcohol
- Spicy foods
- Stress
- Exercise
- Extremes of heat or cold
- Some fruits, including tomatoes, citrus, bananas
- Irritants applied to facial skin (soaps, astringents)

Treatment

- Avoidance of triggers, when reasonable
- Topical antibiotics
- Oral antibiotics
- Accutane (low dose)
- Laser ablation of dilated blood vessels
- Topicals to treat redness and flushing

Topical Medications:

- Metrogel 1 %
- Metronidazole 0. 75% gel/cream/lotion
- Finacea Gel
- Mirvaso gel
- Aczone
- sodium sulfacetamide/sulfur facewash

Compounded Medications can often combine a few active ingredients for best results.

Compounded ingredients from Medrock:

- Brimonidine
- Oxymetazoline
- Ivermectin
- Metronidazole
- Nicotinamide
- azelaic acid

Instructions:

Apply once or twice daily to the skin.

NOTE: Avoid contact with eyes and lips when using all topical medications

Oral Antibiotics:

- Doxycycline/Oracea
- Tetracycline
- Minocycline

Main side effects of these oral antibiotics are sun-sensitivity or upset stomach. Take medicine with a full glass of water and you should avoid lying down for one hour after ingestion. They are absorbed best 1 hour before or 2 hours after meals.

General recommendations include:

- Use gentle soap free cleansers (Cetaphil Gentle Cleanser, Vanicream)
- Use mild non-comedogenic lotion (Cerave)
- Use mineral sunscreen (zinc oxide / titanium dioxide)