

ROSACEA

Rosacea is a common condition of the skin that affects over 14 million Americans. It most often involves the face and neck however other areas including the eyes may be affected. Unfortunately, the cause of rosacea remains unknown, but researchers believe that it is due to a combination of hereditary and environmental factors.

SYMPTOMS:

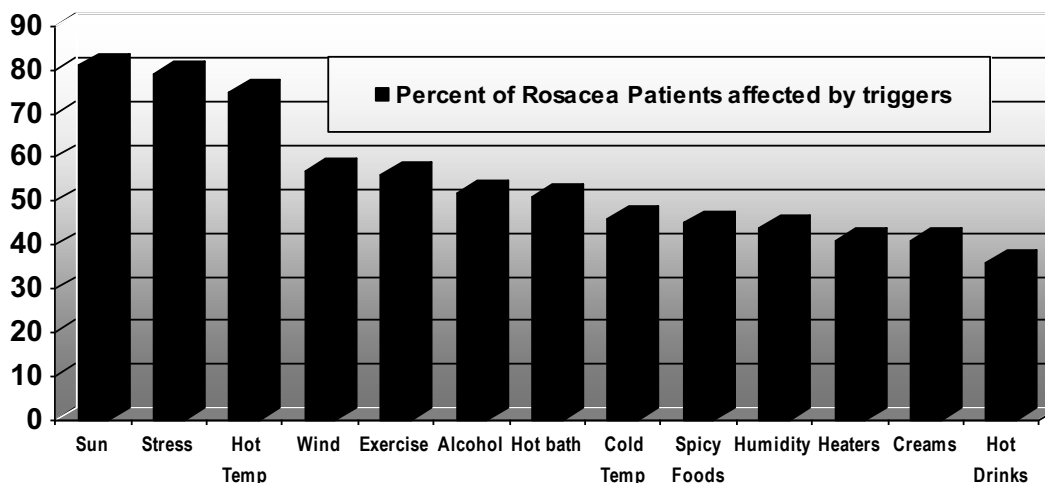
Rosacea is an inflammatory skin condition that causes redness, bumps and pustules. Commonly seen in adults between the ages of 30-60, it can start as redness on the cheeks, nose, chin or forehead, and then involve small visible blood vessels, bumps, or pimples. Watery or irritated eyes can also occur. Often it is confused with acne, and in fact, rosacea used to be known as adult acne. Symptoms range from facial flushing (a warm sensation of blood rushing to the face) to fine blood vessels along the cheeks, nose, and chin, to red bumps and pimples. Some patients develop a bulbous red nose called rhinophyma.

PHASES:

There are three phases to rosacea. **PRE-ROSACEA** may begin as a tendency to flush or blush easily which then goes on to permanent central facial redness. **VASCULAR ROSACEA** occurs when small blood vessels develop and swell on the cheeks, nose and chin. One's skin may become very sensitive to products and sun at this time and may also become oily and flaky. **INFLAMMATORY ROSACEA** involves red bumps or pus filled pimples on your face. Finally, an end result of rosacea lasting many years, involves the build up of oil glands to develop a bulbous nose called **RHINOPHYMA**. More than half of rosacea patients experience a burning and gritty sensation in their eyes called **OCULAR ROSACEA**. This can lead to dryness and flaking of the inner skin of the eyelid called conjunctivitis.

RISK FACTORS:

Many factors aggravate rosacea by increasing blood flow to the surface of your skin. A recent survey by the National Rosacea Society asked 1000 patients with rosacea what factors triggered its flare.



PREVENTION:

It is best to avoid those situations that aggravate your rosacea, but that is not always possible. Simple ways to complement this is to avoid getting your face in the hot shower, wearing sunscreen and a putting on a hat when outside. **Sunscreen is your best defense against the sun.** You will need to use sunscreen either in your moisturizer or directly for everyday activities such as walking from your car to work, and driving. Another thing you can do is to sip on ice water when you know a flush is likely to come on. A receptor in the back of your throat can sense the temperature drop and prevent that flush from happening.

TREATMENT: Although there is no way to eliminate rosacea altogether, there are many effective treatments to relieve its signs and symptoms. Skin care combined with certain prescription and over the counter medications can greatly improve your appearance. Laser treatments are helpful to reduce the sight of blood vessels. Similarly facial chemical peels can reduce pore size and help even out skin tones.



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Your personalized ROSACEA Treatment Regimen:

Name: _____ Date: _____

1. Wash your face twice a day (morning/night) with the following cleanser. Pat dry, do not rub hard. Washing more than twice a day may irritate your skin and make your breakout worse. To the right are prescriptions washes.
 - ☐ Antibacterial Soap (Lever 2000, Dial)
 - ☐ Cetaphil Gentle Skin Cleanser
 - ☐ Cetaphil Oil Control Cleanser
 - ☐ Cetaphil Daily Facial Cleanser
 - ☐ Plexion Cleansing Cloths and Cleanser
 - ☐ Avar Cleansing Cloths and Cleanser
 - ☐ Sulfacetamide/Sulfur Cleanser
 - ☐ Other _____
2. Apply in the morning after washing. These products are easy to camouflage as they dry clear and go well under makeup, moisturizer, etc.
 - ☐ Avar LS
 - ☐ Clindamycin Lotion/Clindagel
 - ☐ Plexion Cream
 - ☐ Sulfacetamide/Sulfur Cream
 - ☐ Avar Green Cream
 - ☐ Finacea
 - ☐ Mirvaso
 - ☐ Other _____
3. You may experience some dryness with the medications that you are prescribed. It is important to continue to use them as long as the irritation is tolerable. Flaking skin, slight redness is normal. If you are very itchy, extremely red, or feel uncomfortable, stop the medicine immediately. Otherwise, you may reduce use to every other day to minimize dryness. In addition, if needed you may apply an oil free moisturizer over the medication in the morning. These are available in any drug store/supermarket. The over the counter products I suggest:
 - ☐ Cetaphil Daily Facial Moisturizer/SPF 50
 - ☐ Cetaphil Oil Control Moisturizer/SPF 30
 - ☐ Other: _____
4. Sunscreens are important. Sunscreen that contains a product called HELIOPLEX, this compound enables sunscreen to be more stable in sunlight and therefore provide longer and more effective protection. Physical sunscreens such as Elta MD block sunlight without the chemicals present in many other sunscreens. The SPF rating should be at least a 30.
 - ☐ Purpose Oil Free Dual Treatment Moisture Lotion with SPF 15
 - ☐ Neutrogena Ultra Sheer Dry Touch Sunblock SPF 55 with Helioplex
 - ☐ Neutrogena Age Shield Sunblock SPF 35/45 with Helioplex
 - ☐ Elta MD Sunscreen: ☐ UV Clear (oily skin/rosacea skin)
 - ☐ UV Daily (dry skin) ☐ UV Physical (chemical free) ☐ UV Elements (like a BB cream)
5. At night before bed, wash your face again with the above wash (#1). Then apply the following medication. These products are more difficult to camouflage and/or make you more sensitive to the sun and therefore are more appropriate for nighttime use. Be sure to use sparingly to minimize irritation. Use a pea sized amount for the entire face,  on different parts of face, then rub in.
 - ☐ Differin/Adapalene Crm or Gel ☐ 0.1% ☐ 0.3% ☐ Benzaclin/Benzamycin
 - ☐ Retin A/Tretinoin Crm or Gel ☐ 0.025% ☐ 0.05% ☐ 0.1% ☐ Soolantra
 - ☐ Other _____
6. You have been prescribed an oral antibiotic. Take it at the same time every day, with food.
 - ☐ Oracea 40mg once daily
 - ☐ Minocycline ☐ 50mg ☐ 75 mg ☐ 100 mg ☐ Once a day ☐ Twice a day
 - ☐ Doxycycline ☐ 50mg ☐ 100 mg ☐ Once a day ☐ Twice a day
 - ☐ Duricef ☐ 500mg ☐ 1000 mg ☐ Once a day ☐ Twice a day
 - ☐ Other _____
7. Make up Techniques can help reduce the appearance of redness on the face. Green cover-ups can off set facial redness. These products can be worn under your regular foundation.
 - ☐ MAC Cosmetics Green cover up
 - ☐ Smashbox Photo finish Color Correcting Foundation Primer Green