

# ROSACEA

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**Rosacea** is a chronic inflammatory condition of the skin.

- Most commonly it affects the central face & nose but may also involve the eyes.
- **TYPICAL FEATURES INCLUDE:**
  - Transient or persistent facial flushing & redness
  - Presence of papules & pustules
  - Presence of small blood vessels (telangiectasiae)
  - Stinging, burning &/or skin dryness
  - Thickening of the nose (rhinophyma)
  - Various eye problems (redness, dryness, itching, light sensitivity, blurred vision, recurrent infections).
- This tends to be more common in those with fair complexions.
- There may be a history of easy blushing.
- This condition can be controlled but not cured.

## TRIGGERS:

- 1 SUNLIGHT**
- 2 HOT DRINKS**
- 3 SPICY FOODS**
- 4 ALCOHOL**

# TREATMENT:

## AVOID & REDUCE TRIGGERS:

Wear a broad spectrum sunscreen (see sunscreens under health info on this site). Limit or reduce intake of alcohol, spicy foods, hot drinks & stress.

## GENTLE SKIN CARE:

Avoid soaps & harsh cleansers as they may further irritate the skin. Use a mild, soap & fragrance free wash such as Cerave hydrating cleanser or Cetaphil Restoraderm nonsoap wash. Wash with tepid water & pat skin dry. Rosacea patients tend to have dry, irritated skin & need a moisturizer that restores the skin's barrier function such as Cerave or Cliniderm lotion.

## TOPICAL AGENTS:

Various topical creams, Metrocream, Finacea, Onreltea, Rosiver may be used for inflammation, papules/pustules and redness.

## ORAL ANTIBIOTICS:

These are used for their anti-inflammatory effects. The tetracycline class of antibiotics are typically used. Ask your doctor about which drug is suitable for your type of rosacea (Doxycycline, Tetracycline, Aprilon)

## LASER/LIGHT THERAPY:

These treatments are beneficial for treating persistent redness & small blood vessels that develop with rosacea. Referral to a trained physician in this area is advised.

## SURGICAL TREATMENT:

These may be useful for those with nasal thickening known as rhinophyma. Speak with your doctor about referral for treatment of this condition.