



ROSACEA: EDUCATION AND INSTRUCTIONS

WHAT IS ROSACEA?

Rosacea is a common condition that affects about 14 million Americans. Rosacea begins with intermittent episodes of blushing/flushing (and, for some people, also pimples) of the face. This blushing/flushing can cause long lasting or permanent changes in your skin—for example, chronic redness, visible blood vessels, and a thickening of the skin.

Every flush pushes the process further toward these permanent changes. Therefore, the goal is to avoid anything that causes your skin to turn red, burn, or get irritated or flaky.

WHAT CAN I DO?

1. Avoid harsh treatment of the skin.
2. Do not use regular soap, washcloth, scrubbing beads, or exfoliating, abrasive “deep cleansing” products.
3. Do not use toners, very hot or very cold water, ice applications, steam treatments, or facials.
4. Do not use irritating topical products, including alpha-hydroxy acid and glycolic acid products.

Different factors cause blushing/flushing for different people. Some of the most common factors are listed below. This list is only to help you identify some factors which may cause blushing. Please remember that these factors may or may not apply to you, and that you may find additional factors.

- Heat
- Sunlight
- Stress, anxiety, or embarrassment
- Alcohol
- Hot foods and/or spicy foods
- Hot beverages, including coffee and tea
- Cold weather and/or wind

Remember that every flushing episode that can be prevented will delay the appearance of rosacea’s permanent changes! Over time (months to years), with persistence and dedication to treatment, your rosacea can be kept stable and may even improve.

For more information, please visit the websites of the National Rosacea Society (www.rosacea.org) or the American Academy of Dermatology (<https://www.aad.org/search/?k=rosacea>)

Please call us if you have any questions or concerns, or if you are taking pills for rosacea and develop a rash or do not feel well.

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