



INNOVATIVE  
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# Rosacea

## What Is Rosacea?

**Rosacea** is a common, long-term (chronic) inflammatory skin condition that usually affects the **cheeks, nose, forehead, and chin**. It can cause **flushing, persistent redness, visible tiny blood vessels, and acne-like bumps**. Some people also develop **eye irritation** (ocular rosacea).

Rosacea is **not contagious**, and it's not caused by poor hygiene. With the right plan, most patients can achieve excellent control.



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## What Does Rosacea Look Like?

Rosacea can appear as:

- **Flushing** (face gets red and warm, then fades)
- **Persistent redness** in the central face
- **Acne-like bumps** (papules/pustules) without blackheads
- **Visible small blood vessels** (telangiectasias)
- **Sensitive, stinging, or burning skin**
- **Eye symptoms** (gritty, dry, irritated eyes)

The redness can be harder to see on deeper skin tones, but symptoms like **burning, sensitivity, bumps, and warmth** are still important clues.

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## Common Rosacea Triggers

Many people flare with one or more triggers, such as:

- Sun exposure
- Heat, hot showers, saunas
- Spicy foods or hot beverages
- Alcohol
- Stress or strong emotions
- Harsh skincare products or exfoliants

A simple “trigger diary” can help identify patterns.

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## Types of Rosacea

You may have one type or a combination:

- **Redness/flushing type** (persistent redness ± visible vessels)
  - **Bumps and pimples type** (papulopustular rosacea)
  - **Thickened skin type** (often affects the nose over time)
  - **Ocular rosacea** (eye irritation/dryness)
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## How We Diagnose Rosacea

Diagnosis is usually based on:

- A focused history (triggers, skincare, symptoms)
  - A careful skin exam
- Sometimes we rule out conditions that can look similar (like acne, seborrheic dermatitis, or lupus) if needed.
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## Rosacea Treatment Options

Your plan depends on your rosacea type and symptoms. Treatment may include:

- Prescription topical medications for redness and inflammation
- Oral anti-inflammatory medication when bumps are more significant
- Guidance on gentle skincare and barrier repair
- Vascular laser or IPL for persistent redness/visible vessels (when appropriate)

Rosacea is often best managed with a **maintenance plan** to reduce flares over time.

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## Pre-Op Instructions (Before In-Office Rosacea Treatments)

*(Only if you are scheduled for laser/IPL or another procedure—regular rosacea visits do not require “pre-op.”)*

- Avoid sunburn/tanning for at least **2 weeks** before treatment
- Avoid irritating skincare (scrubs, strong acids, exfoliants) for several days before, as instructed
- Tell us if you:
  - Have a history of cold sores
  - Are pregnant or breastfeeding (treatment choices may change)
  - Are using medications that increase sun sensitivity

Arrive with **clean skin** (no heavy makeup, sunscreen, or thick moisturizer on the area).

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## Post-Op Instructions (After Laser/IPL for Rosacea Redness)

*(Your provider will give exact instructions; this is typical guidance.)*

### Normal aftercare

- Mild redness and warmth for 1–3 days
- Mild swelling (especially around the eyes) can occur
- Use gentle cleanser and a bland moisturizer
- Strict sun protection (hat + sunscreen once approved)

## **Avoid**

- Hot showers/saunas/exercise that overheats you for 24–48 hours
- Harsh skincare, exfoliants, retinoids until cleared

## **Call the office if**

- You develop blistering, severe swelling, or worsening pain
  - You have signs of infection (spreading redness, pus, fever)
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# **Rosacea FAQ**

## **Is rosacea the same as acne?**

No. Rosacea can cause acne-like bumps, but it typically does **not** cause blackheads, and it often includes flushing and sensitivity.

## **Is rosacea curable?**

Rosacea is chronic, meaning it can't always be “cured,” but it can usually be **well-controlled** with the right treatment and trigger management.

## **What skincare products should I use?**

In general: gentle cleanser, fragrance-free moisturizer, and daily broad-spectrum sunscreen. Avoid harsh scrubs, alcohol-based toners, and strong acids unless your dermatologist recommends them.

## **Why does my face flush so easily?**

Rosacea involves increased skin sensitivity and inflammation that can make facial blood vessels react strongly to heat, sun, spicy foods, alcohol, and stress.

## **Can rosacea affect the eyes?**

Yes. Ocular rosacea can cause dry, irritated, gritty eyes or eyelid inflammation. Let your dermatologist know if you have eye symptoms.

## **Will sunscreen make my rosacea worse?**

Some sunscreens can sting sensitive skin. Many patients do better with fragrance-free formulas (often mineral-based). Your dermatologist can recommend options based on your skin's sensitivity.

## **When should I schedule an appointment?**

If you have persistent facial redness, frequent flushing, acne-like bumps that don't respond to acne products, or eye irritation—an evaluation can help you get the right diagnosis and plan.