



Rosacea

What is Rosacea?

Rosacea is a chronic rash involving the central face that most often affects those aged 30 to 60. It is common in those with fair skin, blue eyes and Celtic origins. It may be transient, recurrent or persistent and is characterised by its colour – red.

What causes Rosacea?

There are several theories regarding the cause of rosacea, including genetic, environmental, vascular and inflammatory factors. Chronic exposure to ultraviolet radiation plays a part.

Skin affected by Rosacea has one or more of the following features:

- Frequent blushing or flushing
- Pimples/red papules and/or pustules
- Visible veins
- Bulbous swelling of the nose
- Dry and flaky facial skin
- Aggravation by sun exposure and hot spicy food and drink
- Sensitive skin: burning and stinging, especially in reaction to make-up, sunscreens and other facial creams
- Enlarged unshapely nose with prominent pores (sebaceous hyperplasia) and fibrous thickening (rhinophyma)

General Measures:

- Where possible, reduce factors causing facial flushing
- Avoid oil-based facial creams. Use water-based make-up
- Never apply a topical steroid to the rosacea as although short-term improvement may be observed (vasoconstriction and anti-inflammatory effect), it makes the rosacea more severe over the next weeks
- Protect yourself from the sun. Use light oil-free sunscreens
- Keep your face cool to reduce flushing: minimise your exposure to hot or spicy foods, alcohol, hot showers and baths and warm rooms

What are the treatment options for Rosacea?

- **Inflammatory Rosacea**
 - Topical Metronidazole (Rozex Gel), azelaic acid or a retinoid (Isotretinoin), Soolantra (Ivermectin)
 - Oral antibiotics, such as Doxycycline
 - Oral Isotretinoin
- **Vascular Rosacea** – Intense Pulsed Light (IPL)
- **Flushing** – vasoactive medication, such as Carvedilol

Your treatment is dependent on the type of Rosacea that you have. Your doctor will decide on the correct treatment for you.

References for further information: <https://www.nhs.uk/conditions/rosacea/treatment/>

[Rosacea pathway November 2015.pdf](#)

If you have further questions, please feel free to contact the clinic on 0800 SKIN DR (0800 754 637)