

WHAT YOU NEED TO KNOW ABOUT

Rosacea

AND TIPS ON MANAGING IT



Rosacea is a common skin disease that affects over 16 million Americans.

To help patients who have rosacea with skin care, dermatologists offer these tips:



One thing that can exacerbate rosacea is diet. Acidic foods such as tomatoes, citrus fruits, caffeine or alcohol particularly wine. So if you can pinpoint this trigger eliminating it can help ease rosacea.

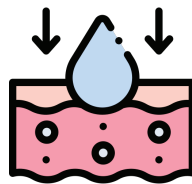
I would also mention that Rosacea flare ups can be adequately managed with prescription topicals or at times oral antibiotics. Consulting a Dermatologist can control Rosacea appropriately.



Karen Duarte
Board-certified
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Cleanse your face twice a day — very gently. Cleansing when you wake up and before you go to bed helps remove oil and dirt that can irritate your skin.



Moisturize every day. Whether rosacea makes your skin dry or oily, it's important to moisturize. It can reduce irritation and make your skin feel more comfortable.



Wear sunscreen to reduce rosacea flare-ups caused by the sun. To protect your skin, apply a sunscreen to your face every day before going outdoors. Even on cloudy days, it helps to apply sunscreen.



Choose rosacea friendly skin care products. When you have rosacea, many skin care products and cosmetics can irritate your skin. While gentle cleansing, moisturizing, and sun protection can help reduce this sensitivity, you also want to choose your skin care products and makeup carefully.



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