

ROSACEA

PATIENT INFORMATION & INSTRUCTIONS

WHAT DOES ROSACEA LOOK AND FEEL LIKE

While you may not exhibit all these indicators and manifestations of rosacea, you might have:

Red, purple, or brownish discoloration across your nose and cheeks, potentially extending to your forehead or ears. This phenomenon is known as “flushing.”

- Skin that feels tender, warm, or taut and is easily irritated.
- Hyperpigmentation, or darkened areas, on your skin.
- Bloodshot eyes.
- Dry, itchy, and irritated eyes.
- Breakouts resembling acne.
- Fine, reddish-purple veins.
- Facial swelling.
- A gritty sensation in your eyes.

For some individuals, rosacea becomes more noticeable over time. The color changes might persist, and your skin may feel hot and sensitive. Your skin can become so delicate that even contact with water causes burning and stinging. Some people observe changes in the texture of their affected skin. This is due to enlarged oil glands in the skin. When this occurs on the nose, the medical term for this condition is “rhinophyma.” The nose enlarges, and thick bumps can develop on it. This is more common if rosacea goes untreated for many years. If you have darker skin, it might be more challenging to detect when your skin flushes. Darker skin tones and dark spots, known as post-inflammatory hyperpigmentation, can conceal flushed skin. You might, instead, notice more acne-like breakouts.

WHO GETS ROSACEA?

Rosacea is a prevalent skin condition. Millions of people in the United States have rosacea. While individuals of all ages and skin tones can develop rosacea, it is most common for people:

- Between the ages of 30 and 60.
- With fair skin, blonde hair, and blue eyes.
- Undergoing menopause.
- With close relatives who have rosacea.

HOW DOES A DERMATOLOGIST DIAGNOSE AND TREAT ROSACEA?

At Smart Skin Dermatology, our dermatologists are skilled at differentiating rosacea from acne and other conditions. To diagnose rosacea, your dermatologist will examine your skin and eyes and ask you several questions. Occasionally, a prescription medication used to treat severe acne may be needed to clear the acne-like breakouts. Your dermatologist will inform you about any potential side effects of this medication.

- Flushing and color changes. Vbeam laser treatments can help diminish the red, purple, or brownish discolorations. Topical medications applied to your skin may also be recommended to reduce these color changes. Your dermatologist might also prescribe a systemic medication that works throughout your body to help control flushing.
- Small Veins. Vbeam laser treatments or a procedure called electrodesiccation, which utilizes small electric needles, can help minimize small veins.
- Thickening skin. A strong, prescription acne medication may prevent your thickened skin from worsening. To remove thickened skin, your dermatologist may surgically remove the excess skin with a scalpel, Vbeam laser, or electrosurgery.

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HOW DOES ROSACEA AFFECT THE EYES?

When rosacea impacts your eyes, it is termed ocular rosacea. You may notice your eyes are watery or bloodshot and feel gritty, as if sand is in them. Your eyes may also burn, sting, or itch. Your vision might be blurry, and your eyes may be sensitive to light. Treatment for this type of rosacea is crucial. You may need to consult an ophthalmologist (a doctor specializing in treating eye diseases).

HOW CAN I AVOID TRIGGERS AND PREVENT FLARE UPS?

To achieve the best outcomes from your treatment, our dermatologists at Smart Skin Dermatology advise identifying what triggers your rosacea. Common triggers include sunlight, stress, heat, wind and cold, alcoholic beverages, certain makeup, skincare, and haircare products, some medications, and exercise.

Discovering what triggers your rosacea requires some investigative effort. When your rosacea flares, make a note of what you might have been doing, eating, or drinking that could have caused the flare-up. Also, describe your rosacea symptoms and their severity after exposure to the trigger. Not everyone will have obvious triggers. Once you identify your triggers, try to avoid them.

HOW CAN I MANAGE ROSACEA?

Our board-certified dermatologists at Smart Skin Dermatology recommend these suggestions to help you avoid some common rosacea triggers:

- **Protect your skin from the sun.** Even brief exposure to sunlight can trigger rosacea. Seek shade, wear sun-protective clothing, and apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher to all exposed skin. Look for a sunscreen that contains zinc oxide or titanium dioxide.
- **Avoid anything that causes your rosacea to flare.** For example, if spicy food triggers your rosacea, opt for milder versions.
- **Do not overheat or expose your skin to very cold temperatures.** Dress in layers, stay cool with a fan or air conditioning, and protect your skin from cold air with a scarf.
- **Keep your skincare routine simple. Moisturize your skin daily.** Choose cosmetics and skincare products labeled “fragrance-free” and that do not contain alcohol. Avoid rubbing and scrubbing your face.

OTHER RESOURCES

We work hard to publish only best patient education and comprehensive resources. We want to be your trusted source of all skin information. You will find additional educational information by scanning the following QR codes.

*More Info on
This Subject*



*Our Monthly
Newsletter*



*Patient
Resources*



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