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Rosacea

Rosacea is a common skin disorder that often starts with a tendency to flush more easily than other people. This redness is common on the nose and cheeks (central face) but can spread to the forehead and chin as well. Another common symptom of rosacea is the red acne-like bumps that can accompany this generalized redness. These two symptoms can occur simultaneously or separately. Some triggers for rosacea include food such as, but not limited to, spicy foods and red wines.

Commonly rosacea is controlled with a regimen of topical medications and cleansers such as:

- Metrogel
- Finacea
- Aczone
- Noritate
- Plexion Wash
- Clenia

On some occasions your doctor may prescribe oral medications including:

- Oracea
- Doxycycline

Laser and/or IPL treatments can be helpful for rosacea and may be the only treatment that reduces broken blood vessels.

Some individuals may also find it useful to use a redness reducing moisturizer such as Aveeno's Ultra Calming moisturizer or Eucerin's Redness Relief lotion.

Other instructions:

For more info visit: <https://www.nlm.nih.gov/medlineplus/rosacea.html>