



Sound Dermatology

# ROSACEA

## What Is Rosacea?

Rosacea is a common, chronic skin condition that causes redness, visible blood vessels, and sometimes acne-like bumps on the face. It often comes and goes and may worsen with certain triggers.

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## What Causes Rosacea?

- Increased sensitivity of blood vessels in the skin
  - Inflammation and immune system overactivity
  - Genetics (family history)
  - Triggers such as heat, sun exposure, alcohol, spicy foods, stress, and certain skincare products
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## Common Symptoms

- Persistent redness of the cheeks, nose, forehead, or chin
  - Flushing (sudden redness or warmth in the face)
  - Visible blood vessels (telangiectasias)
  - Acne-like bumps or pustules
  - Burning, stinging, or sensitive skin
  - Eye irritation (dryness, redness, or gritty sensation)
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## Treatment Options

### Topical Treatments

- Medications to reduce inflammation and redness
- Agents that help decrease visible blood vessels
- Topical antibiotics for acne-like breakouts

### Oral Medications

- Oral antibiotics for moderate to severe symptoms
- Other medications may be used depending on symptoms

### Procedures

- Laser or light-based treatments to reduce redness and visible blood vessels
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## How to Manage at Home

- Use gentle, fragrance-free skincare products
  - Apply daily sunscreen (SPF 30 or higher)
  - Avoid known triggers (heat, alcohol, spicy foods, stress)
  - Use lukewarm water—avoid hot water
  - Avoid harsh scrubs or irritating products
  - Keep a journal to help identify personal triggers
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## When to Follow Up

- If symptoms are not improving with treatment
  - If redness or breakouts are worsening
  - If eye symptoms develop (dryness, irritation, or redness)
  - If rosacea is affecting your quality of life
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### Key Points to Remember

- Rosacea is chronic but manageable
- Triggers play a major role—identify and avoid them
- Gentle skincare and sun protection are essential
- Consistent treatment helps control symptoms