

Rosacea

DIET AND ADVICE FOR ROSACEA AND FLUSHING OF THE FACE...

AVOID...

- **Alcohol**
- **Histamine** (Found in strawberries, shellfish, and red wines.)
- **Hot foods or Beverages**
- **Spicy Foods**
- **Monosodium Glutamate** (Found in Chinese foods, also in a lot of frozen and fast foods)
- **Tyramine and Nitrates** (Found in all cheeses (except cottage cheese), yogurt, sour cream, coffee, teas, vinegar (other than white), anything fermented, pickled, marinated or smoked nuts, citrus fruits, raisins, herring, chocolate, bananas, soy sauce, liver, yeast extract, vanilla, and figs.)
- **Cosmetics** (Any containing Sorbic or Benzoic Acid. These can open blood vessels.)
- **Ultraviolet Light** (A sunscreen and hat should help.)
- **Vasodilator Drugs** (Some blood pressure and heart medications will cause flushing of the face.)
- **Stress** (Emotional stress very often induces flushing of the skin. Your skin will benefit by avoiding stress whenever possible.)
- **Overheating** (If you get overheated through exercise or with overly warm temperatures, your flushing can increase.)

TREATMENT

- Gently cleanse your face two times daily.
 - o Some non-irritating soap less cleansers' are: **Aquanil Cleaning Lotion, Cerave Hydrating Cleanser, Cetaphil Gentle Liquid Cleanser, Neutrogena Foaming Wash, or Aveeno Cleanser.**
- Prescription Cleansers include: These are Sulfa based cleansers. **If you have a sulfa allergy you should not use these products**
 - Clenia Foaming Wash** **Plexion Cleansing Clothes** **Prascion Cleanser** **Avar Cleanser**
 - Rosanil Cleanser** **Rosula Cleanser** _____
- Apply a moisturizer with a sunscreen, some examples include: **Neutrogena SPF 30 Moisturizing Cream, Eucerine Everyday Protection Cream, Oil Olay Moisturizer with SPF 30, or Aveeno SPF 30 Moisturizing Cream.**
- Apply one of the following medications in the morning (**If you have sulfa based allergies do not use these medications**):
 - Rosac Cream** **Clenia Emollient Cream** **Avar Cream/Gel** **Klaron Lotion**
 - Rosula Cream/Gel** **Clarifoam** _____
- Apply to face two times daily: **Metrogel** **Metrocream** **Metro lotion** _____
- Apply to face at night: **Finacea Gel** **Noritrate Cream** _____
- **Oral Antibiotics** – Usually used for moderate to severe rosacea or topical resistant rosacea. The antibiotics should be taken with juice or water but not milk. Antacids, iron tablets and milk decrease the effectiveness of some antibiotics.
 - Minocycline*++** **Ampicillin*** **Doxycycline*+** **Sulfa*** **Take 1 2 3 4 capsules or tablets daily.**

***NOT to be used during pregnancy**

+ Take **Doxycycline** with a full glass of water after a meal. Do not lie down 1 hour after taking the medication. Avoid sun exposure.

++ **Minocycline** is associated with 3 rare side effects: drug induced Lupus, drug induced hepatitis and permanent blue/black discoloration of the eyes, teeth, skin cartilage and nails.

There may be side effects from the antibiotics such as rashes, stomach upset, vaginal yeast infection, headaches, increased sun sensitivity and occasional dizziness. Let us know if you have any problems.

We may discontinue the oral antibiotics in 3-4 months if you do well with the prescription.

If you take antibiotics for a year, we encourage a routine blood test to make sure the antibiotics are being metabolized properly and are not affecting your body in any adverse way.

For our **Female** patients...should your menstrual period be delayed by 3-5 days and should there be a **possibility of pregnancy**, **discontinue all your oral medications and topical agents** at once and call our office for further instructions.