

# Skin Care for Rosacea Patients

People with rosacea often have very sensitive skin; they report easy irritation or break out in response to new products. As such, skin care is an essential part of the treatment regimen for rosacea. There are several principles of this skin care:

- Less is more. Use as few skin cleansers/ moisturizers/ products as possible to eliminate the possibility of irritation and to enable easier identification of a new irritant.
- Use hypoallergenic, non-comedogenic (does not clog pores), fragrance-free products.
- Benzoyl peroxide and salicylic acid washes, as well as topical retinoid creams may be too irritating for you to use, which is different from patients with acne. Use a non-detergent cleanser or just plain water to wash your face. An alternative wash would be sulfur-based, such as a sulfur 5%/ sodium sulfacetamide 10% face wash that is prescribed by your doctor. It may not be necessary to use it every day, especially if you experience excessive dryness.
- If you have dry skin, you may not need to wash your face at all unless you have combination skin (dry/oily) or wear make-up or creams during the day. If you choose to wash your face, use a non-comedogenic (non pore clogging) cold cream, gentle moisturizing face wash or non-detergent containing soap to remove make-up.
- Cleanse the face once or twice a day with cool water.
- Do not use a washcloth, loofah, or other abrasive scrub.
- Apply moisturizer within 3 minutes of washing face to aid trapping of moisture.

## Moisturizers

- Choose a moisturizer that is hypoallergenic, non-comedogenic (does not clog pores), and fragrance-free.
- If you have significant skin redness, you may find a tinted moisturizer helpful. These moisturizers include a green tint, which counteracts the redness of your skin to reduce the appearance of inflamed skin.
- It is important to use a moisturizer with sunscreen during the day. Choose one that contains a physical sunscreen (titanium dioxide or zinc oxide) rather than a chemical sunscreen (which can irritate the skin).
- Whenever you are trying a new product, it is recommended to try it on a small area on the neck or side of the face for a week prior to using it all over the face, in order to determine whether it will irritate the skin.

## Notes from your doctor

The information contained in this publication should not be used as a substitute for the medical care and advice of your physician. There may be variations in treatment that your physician may recommend based on individual facts and circumstances.