

Skin Care Tips to Keep Rosacea Flares at Bay

2015-02-27



Rosacea: Skin Care Do's and Don'ts | Wellness magazine

For people with rosacea, managing the skin condition can be a challenge since what triggers redness and inflammation of the skin in one person may not trigger it in another. Yet doing some detective work can help rosacea sufferers discover quick and easy ways to keep their skin calm.

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“Foods and drinks are common culprits of rosacea flares, specifically spicy foods, hot drinks, and anything that contains caffeine and red wine,” said board-certified dermatologist Zoe D. Draelos, MD, FAAD, consulting professor at Duke University School of Medicine, Durham, N.C. “Keeping a journal of what you eat and drink and when your rosacea flares can help you discover which foods and beverages may aggravate your rosacea.”



Dr. Draelos offers these additional tips in managing rosacea:

1. **Don't overheat.** Extremely hot temperatures often aggravate rosacea.
2. **Protect your face from wind and cold.** Covering your face with a scarf helps protect your skin. Just make sure that the material touching your face is not made of wool or a fabric that feels

rough to the touch. These fabrics can irritate the skin.

3. Apply a sunscreen before going outside since sun exposure can cause rosacea to flare. Look for sunscreens that:

- **contain zinc oxide or titanium dioxide as these ingredients are the least irritating**
- **have broad-spectrum protection**
- **have a Sun Protection Factor (SPF) of at least 30.**

4. A sunscreen that contains silicone also can help protect the skin and minimize stinging and redness. On the list of ingredients, silicone may be called dimethicone or cyclomethicone.

5. Take good care of your skin. Avoid rubbing, scrubbing, or massaging the face.

6. When using hair spray, make sure the spray does not get on your face.

7. Keep your skin care routine simple. Using too many products may irritate the skin.

“Since rosacea may be more easily treated when diagnosed early, make an appointment to see a board-certified dermatologist as soon as you first start noticing changes in your skin,” said Dr. Draelos.

For more information please visit www.aad.org

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