

People with rosacea often have very sensitive skin; they report easy irritation or breakouts 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:

## Cleansers

- 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, noncomedogenic (does not clog pores), fragrance-free products.
- Benzoyl peroxide and salicylic acid washes, as well as topical retinoid creams used to treat acne, may be too irritating to use. Use a detergent-free cleanser or just plain water to wash your face. An alternative wash is 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 makeup or creams during the day. If you choose to wash your face, use a noncomedogenic (non-pore-clogging) cold cream, gentle moisturizing face wash or detergent-free soap to remove makeup.
- 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 your face to help trap moisture.

## Moisturizers

- Choose a moisturizer that is hypoallergenic, noncomedogenic (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 that counteracts the redness and inflamed appearance of your 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 you try it on a small area on the neck or on the 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: