

Rosacea: What Is It, What Triggers It and How It's Treated

Rosacea is a common skin condition that can cause redness, flushing, bumps, and sensitivity, usually on the face. It often affects the cheeks and nose but can also involve the chin and forehead. Some people may notice that their face becomes red or warm easily, while others develop small bumps or pimples that can look similar to acne. Rosacea may also cause small visible blood vessels, dryness, burning, stinging, or swelling. Symptoms can come and go, and everyone's experience with rosacea can be different. Rosacea can affect people of all skin tones, although it may be more difficult to recognize on darker skin because redness can be less noticeable, while rosacea is a long-term condition, there are treatments that can help control symptoms and improve the appearance and comfort of your skin

What are the Triggers?

One of the most important parts of managing rosacea is learning what causes your skin to flare. Triggers are different for everyone, but common ones include sunlight, heat, stress, spicy foods, alcohol, hot drinks, exercise, and cold or windy weather. Certain skincare and hair-care products can also irritate sensitive skin. Keeping track of when your symptoms occur can help you and your dermatologist identify patterns and determine which triggers may be affecting you. Taking good care of your skin can also help reduce irritation. Dermatologists suggest using a gentle, fragrance-free cleanser and moisturizer made for sensitive skin. Wearing a broad-spectrum sunscreen with SPF 30 or higher every day is also important because sunlight is a common trigger for rosacea. If you are unsure whether a product is irritating your skin, it may be helpful to introduce one new product at a time rather than changing your entire skin-care routine at once.

The Treatments for Rosacea

If rosacea continues to bother you, there are several treatment options that can help. At Calvert Dermatology, we are here to help you understand your symptoms and find a treatment plan that fits your individual needs. Treatment depends on the type of rosacea you have and the symptoms you are experiencing. Your dermatologist may recommend prescription creams or gels to help with redness, bumps, or inflammation. Oral medications may also be used when appropriate. For some patients, laser or light treatments may help reduce visible blood vessels and persistent redness. Your dermatologist may recommend one treatment or a combination of treatments depending on your individual needs. It is important to remember that rosacea treatment can take time. You may need to use a treatment consistently for several weeks before noticing improvement. Although there is currently no cure for rosacea, treatment can help

control symptoms, reduce flare-ups, and improve the overall appearance and comfort of your skin.

Bottom Line

You should also consider seeing a dermatologist if your facial redness continues to return, you develop bumps that do not improve, or your skin frequently burns, stings, or feels uncomfortable. Rosacea can sometimes look similar to acne, eczema, or other skin conditions, so getting the correct diagnosis is an important first step. Keeping your dermatologist informed about your symptoms and possible triggers can help with treatment decisions. With the right skin care, lifestyle changes, and treatment plan, rosacea can be managed. At Calvert Dermatology, our goal is to help you better understand your skin and find an approach that allows you to feel comfortable and confident.

References

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