

Rosacea

Clinical features

- flushing exacerbated by alcohol, spicy foods, hot drinks, temperature changes and emotion
- telangiectasia
- papules on a background erythema
- pustules
- facial disfigurement intermittent or permanent
- rhinophyma
- as opposed to acne vulgaris – NO comedones

Patient information leaflet [here](#)

Treatment

- early treatment important.
- intermittent therapy for flares
- long term treatment may be required in a significant proportion of patients to control disease
- try to avoid triggers
 - cold and heat
 - alcohol
 - cosmetics
 - stress

Mild disease

- metronidazole gel / cream. Once daily to gain control

Moderate – severe disease

- oral oxytetracycline 250mg bd or 500mg bd in more severe cases
- alternatives doxycycline 50mg od / lymecycline 408mg od maybe better compliance
- once in remission step down to minimal dose or topical therapy
- treatment maybe needed long term

Referral criteria

- diagnostic uncertainty
- severe disease
- failure of primary care management