Rosacea

Rosacea is similar to acne, with red bumps and pimples appearing around the face. The cause is unknown. It is not an infection. **It is often made worse by drinking alcohol, especially red wine, or by indulging hot or spicy foods**. Eating chocolate, nuts, or cheese may also make it worse. It can be severe in some cases and eventually result in a bright, red, swollen nose. Rosacea tends to come and go, and cannot usually be completely cured. Sometimes it remains dormant for many years, and then recurs.

Treatment can be very effective, however, in clearing the rash and preventing the problem. Drug treatment may include topical medicine, such as Finacea, Metrogel, or Rosac, or an oral antibiotic, such as tetracycline, doxycycline, or minocycline. **Normally 1-2 months of treatment is needed to make rosacea go away**. Low dose oral antibiotics or topicals may be needed long term for prevention. Call your doctor for a follow up exam in 1-2 months, unless your rash worsens and you need more immediate care.

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