

Rosacea Care: Best Practices

by Shannon Johnson NP-C



MeridaSKIN



1. Wash face twice daily

- Lukewarm water (not too hot or cold)
- Gentle sulfate-free cleanser
- No washcloth, scrubbing, or rubbing

2. Moisturize face every day (even if you think your skin is oily)

- Cream, not lotion or gel

3. SPF 30+ sun protection if outdoors (on top of moisturizer)

- Mineral-based (zinc oxide +/- titanium dioxide)

4. Fragrance-free facial care products

5. Sulfate-free shampoo

6. Avoid toners, astringents, and exfoliating scrubs

7. Avoid make-up that needs make-up remover (e.g., waterproof)

8. Read ingredients for irritants, sensitizers, & pore-cloggers, such as:

- ⊗ Alcohols (fatty alcohols OK -- such as cetyl, cetearyl, stearyl)
- ⊗ Algae extract
- ⊗ Parabens (butyl-, ethyl-, methyl-, and others)
- ⊗ Carrageenan
- ⊗ Cocoa butter
- ⊗ Coconut oil
- ⊗ DMDM hydantoin
- ⊗ Potassium chloride
- ⊗ Sodium chloride
- ⊗ Sodium lauryl sulfate (and other sulfates)