

JAMES J.  
ROMANO, M.D.  
COSMETIC SURGERY

**ROSACEA**

Rosacea is a chronic disorder that can effect the skin and the eyes, most often seen in middle age and later and occurring in patients with thick oily skin and affecting the central part of the face. There is an inflammatory reaction and occasionally pustules and telangiectasias. There may be hypertrophy of the sebaceous glands with inflammation and a condition in the nose known as rhinophyma. There is a strong allergy type component to the condition and many types of foods and lifestyle factors, drugs, and conditions that stimulate the redness. Much research has been done, and as early as the 1940's it was learned that B Vitamins are helpful. Dr Romano's approach is a combination of internal and dietary recommendations, and topical skin care interventions.

Signs and symptoms include redness and flushing, mostly in the central part of the face. This is often seen in response to substances in your food called tryptophans, stress, alcohol, spicy foods, hot or cold extremes, exercise and certain foods. Consider some or all of the following recommendations one at a time as evaluating results:

**Lifestyle Recommendations** (for a complete list see [www.rosacea.org/trip.html](http://www.rosacea.org/trip.html)) :

1. Consider food sensitivity and avoid hot drinks, spicy foods, caffeine and alcoholic beverages. It's important to note that although alcohol may worsen a case of rosacea, symptoms may be just as severe in someone who doesn't drink at all. This condition has been unfairly linked to alcoholism.
2. Practice good sun protection. This includes limiting exposure to sunlight, wearing hats and using broad spectrum sunscreens with SPF of 15 or higher and avoiding extreme hot and cold temperatures, which may exacerbate the symptoms of rosacea.
3. Avoid rubbing, scrubbing or massaging the face. Rubbing will tend to irritate the reddened skin.
4. Exercise in a cool environment. Don't overheat.
5. Be aware of the effects of sun, strong winds, cold, or humidity. Avoid these if necessary.
6. Avoid irritating cosmetics and facial products. Use hair sprays properly.
7. Certain drugs such as vasodilators and steroids may exacerbate rosacea.
8. Several medical conditions such as menopause, chronic cough, caffeine withdrawal and frequent flushing may be associated and need further evaluation.
9. Keep a diary of flushing episodes ([www.rosacea.org/diarylst.html](http://www.rosacea.org/diarylst.html)) and note associated foods, products, activities, medications or other triggering factors ([www.rosacea.org/trip.html](http://www.rosacea.org/trip.html)) to help determine what exacerbates your symptoms.
10. Stress is a powerful stimulant of rosacea and don't underestimate the benefits of stress management.

JAMES J.  
ROMANO, M.D.  
COSMETIC SURGERY

**ROSACEA**

**Internal Recommendations:**

1. Consider a specific food sensitivity to tryptophans and begin a low tryptophan diet (low protein, high carbohydrate).
2. Consider tyramine sensitivity and avoid cheese, sour cream, fermented sausages.
3. Consider and test for copper excess, and decrease foods high in copper such as chocolate, nuts, wheat germ, MSG, shell fish, citrus.
4. Supplement Vitamin B<sub>6</sub> (pyridoxine) 50 mg daily and riboflavin 10mg daily.
5. Supplement Omega 3 fatty acids (Flax oil capsules)
6. Supplement Magnesium 100-200 mg daily
7. Supplement Niacin
8. Oral antibiotics (Tetracycline 250 mg every 6 hours, or Doxycycline or Minocycline 50-100mg twice a day) may be helpful.
9. MSM (Methyl Sulfonyl Methane) 1000mg tablets 1 2x/day
10. Anti-inflammatory medications such as Tylenol or ibuprofen is often helpful.
11. Clonidine. This is a blood pressure lowering drug that has been shown to be effective if you blush with the slightest provocation.
12. Tell Dr. Romano if you are a heart patient and need to take vasodilator drugs.
13. Avoid niacin which is prescribed for various conditions. It is a blood vessel dilator.

**Topical Recommendations.** These are part of a home program or in-office service or both:

1. Extremely gentle non irritating skin care products. Avoid products containing alcohol, witch hazel and fragrances.
2. Avoid Retin-A as this stimulates more vascularity and redness
3. Add products with vasoconstrictor and soothing effects, as this minimizes redness such as Aloe vera, Aloe Cort cream, and on occasion, Vitamin C.
4. Moisturizers are helpful, especially in cold weather to protect against the drying effects of cold and wind.
5. Men should use an electric razor instead of a blade, and don't apply after shave that burns or stings.
6. Oxygen mist. This causes some vasoconstriction and decreases the redness.
7. Avoid over the counter preparations for acne that contain alcohol, acetone, witch hazel, menthol, peppermint, eucalyptus oil or clove oil.
8. Glycolic or salicylic acid. This may have an anti-inflammatory effect.
9. Metrogel 0.7% gel antibiotic or MetroCream or Noritate. These irradiates bacteria in the depths of the pores believed responsible for some irritation and thus, redness.
10. Medical grade mineral based sunscreen and make-up, especially yellow tinted. This is non-irritating and has antibacterial properties.
11. Glycolic or salicylic acid peels. Depending on your skin type and sensitivity, these can be very anti-inflammatory and help to decrease redness.
12. Topical cortisone in very small doses for short periods of time will decrease the redness.
13. Laser surgery specifically designed to treat the redness and dilated blood vessels. This is the Intense Pulsed Light (IPL) laser.
14. Excision surgery for thick skin or rhinophyma.

JAMES J.  
ROMANO, M.D.  
COSMETIC SURGERY

**ROSACEA**

One easy protocol is:

1. Peter Thomas Roth Sensitive Skin Cleansing Gel and Chamomile Cleansing Lotion
2. Oxygen Mist
3. Peter Thomas Roth Environmental Repair
4. Peter Thomas Roth Cucumber Masque
5. Aloe Cort Cream
6. Protective Day Cream SPF 30 (Tinted)
7. No Vitamin C for rosacea
8. Benzoyl Peroxide 2-1/2% PM only, if papules are present (no other products at the same time)

For further information, or to be seen in consultation and begin treatment contact Dr. Romano at 415-981-3911 or [jim@jromano.com](mailto:jim@jromano.com).