
Rosacea

Rosacea Treatment with Intense Pulsed Light (IPL)

What is rosacea?

Rosacea is a chronic condition of the facial skin which is comprised of a vascular component and an infection.

What causes rosacea?

Certain foods or drinks may trigger the redness of the face which is due to opening up of capillaries. The most common of these are alcohol and spicy foods. Drugs such as those used for high blood pressure and topical cortisone creams can also cause dilation of the capillaries. Ultraviolet light from the sun and frequent overheating, hot baths, saunas, and stress can all cause or aggravate the redness.

The infection component is not always present but when it is, it pimples or pustules appear usually on the nose, cheeks and chin. These can be brought under control with prescription oral antibiotics like Doxycycline and maintained with prescription topical antibiotics like Metrogel.

How can rosacea be treated?

Laser treatments including IPL or VBeam laser can reduce the redness; however, unless the underlying causes are addressed, rosacea tends to recur.

Some alternative therapies include taking Vitamin B2, riboflavin, or Homeopathic licorice.

Untreated, rosacea can cause the nose to become bulbous and very large.

Laser resurfacing can improve the appearance of this condition, called rhinophyma.