

Identify rosacea triggers

Face up to
rosacea

Without suitable treatment and trigger management, the visible and invisible signs and symptoms of rosacea may worsen over time. Identify your triggers below and keep track of them to help minimize flare-ups.

TRIGGER

WHAT CAN YOU DO?

Sun exposure



Use sunscreen with SPF 30 or higher daily and avoid direct sunlight

Extreme temperatures



Use a soft facial covering over your cheeks in the wind and cold. Use lukewarm water when showering and washing your face

Certain skincare products



Choose fragrance-free and irritant-free face products. Avoid facial skincare products containing alcohol

Intense exercise



To avoid overheating, exercise for shorter, less intense durations. Exercise when temperatures are cooler and keep a spray bottle of cool water to spray your face

Stress and emotional situations



Focus on your health to manage your stress. Eat a balanced diet and ensure plenty of sleep. Try deep breathing techniques to relax and stretching to help your muscles

Spicy foods, hot and alcoholic beverages



Keep a food diary to learn what triggers your rosacea and how to avoid it

References: American Academy of Dermatology Association. How to Prevent Rosacea Flare-Ups. Available at: <https://www.aad.org/public/diseases/rosacea/triggers/prevent>. Last accessed: August 2022; American Academy of Dermatology Association. Rosacea Skin Care Tips. Available at: <https://www.aad.org/public/diseases/rosacea/triggers/tips>. Last accessed: August 2022; DermNet NZ. Rosacea: Symptoms, Causes, and Management. 2022. Available at: <https://dermnetnz.org/topics/rosacea>. Last accessed: August 2022; Huynh TT. Am Health Drug Benefits. 2013;6(6):348-354; Schaller M, et al. Br J Dermatol. 2017;176(2):465-471.

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