What is rosacea?

Rosacea is a chronic skin disease which involves redness, inflamed skin bumps or flushing in areas of the face, most commonly the forehead, chin and lower half of the nose. Unlike acne, rosacea is common in adults rather than teenagers.

What causes rosacea?

Although the precise cause of rosacea is unknown, one significant factor may be the dilation of the small blood vessels in the face. Rosacea may be partially a reaction to bacteria, parasites, fungus or yeast in the skin; however, rosacea is more likely to be an inflammatory skin condition than an infection.

There is also a hereditary factor with rosacea; it is most commonly seen in people with fair skin, particularly those of British, Scottish, or Irish descent. Rosacea most often occurs in adults aged 30 to 50.

Emotions such as stress, fear, or embarrassment may cause blushing, which tends to aggravate rosacea. Other possible aggravators of rosacea include sun overexposure, exercise, temperature change, spicy foods, and alcohol consumption.

Is rosacea like acne?

Although rosacea is often referred to as “acne rosacea” or “adult acne,” there are many differences between rosacea and acne.

Sometimes flushing may lead to the appearance of tiny red lines, called telangiecstasia or spider veins. Red inflamed bumps are often present, which may be mistaken for regular acne. However, rosacea does not result in any blackheads or whiteheads, and they cannot be “popped” like a pimple. Also, rosacea is not something one outgrows, as one might outgrow teenage acne.

Does acne rosacea hurt or have other symptoms?

Rosacea often causes the face to feel hot or to sting or burn, especially when irritated or exposed to the sun. Other trigger factors may cause swelling, flushing, redness and irritation.
What treatment do you offer for rosacea at Gateway Aesthetic Institute?

We offer the usual medical treatments with antibiotics and topical medications. These treatments are often sufficient to control simple cases of rosacea.

More complicated rosacea problems are treated with lasers, intense pulsed light (IPL), photodynamic therapy, and red and blue light treatments. Severe cases of inflammatory rosacea may also be treated with Accutane, a potent drug that helps teenage acne.

How much improvement can I expect from a rosacea treatment?

Rosacea will almost always respond to one or more of the options listed above. At the Gateway Aesthetic Institute & Laser Center, we have more specialty options than the average dermatology office, so patients are often referred to our clinic for treatment of the most difficult rosacea problems, including rhinophyma (see below).

Multiple treatments or combination treatments are usually necessary to achieve an optimal improvement. Some maintenance treatment is almost always needed to keep acne rosacea from flaring up in the future.

Rosacea is a long-term chronic disease, but with quality treatment it may go into remission and be easily controlled with simple treatments such as the daily application of a simple prescription lotion.

What is rhinophyma?

Rhinophyma is a condition in which the nose becomes inflamed and enlarged with bumps and cysts on the lower two-thirds of the nose.

What causes rhinophyma?

Similar to rosacea, the precise cause of rhinophyma is unknown, but it is considered to be a severe form of uncontrolled rosacea. Other factors may include blood vessels disorders, hormonal abnormalities, and digestive tract disorders.

Rhinophyma occurs most often in males aged 30 to 50.

What treatment do you offer for rhinophyma at Gateway Aesthetic Institute?

Most cases of rhinophyma are best treated with lasers to remove the bumps and cysts, so the nose can be reshaped with a more normal contour. The time required for complete healing after laser treatment of rhinophyma is usually two to three weeks.

How much improvement can I expect from a rhinophyma treatment?

Treatment of rhinophyma is very successful and often a great relief to people who have a grossly deformed nose. There is some risk of scarring and pigment loss from laser treatment of rhinophyma, but the final results are almost always significantly better than the deformity caused by the rhinophyma itself.

Laser treatment of rhinophyma usually involves a single treatment. Occasionally touch-up treatments may be performed to achieve optimum results.

Are either rosacea or rhinophyma dangerous?

Rosacea is not harmful, but those affected may be embarrassed by the excessive flushing associated with the condition. Rhinophyma is not dangerous but is considered disfiguring. Sometimes the gross enlargement of the nose can cause nasal obstruction.

How do I know what procedure is best for me?

Call us at (801) 595-1600 to schedule a consultation.

We are located at the south end of the Gateway Mall at 440 West 200 South, Suite 250, Salt Lake City, Utah 84101.