

Skin Care & Triggers Guide

Get your rosacea redness under control by taking control. In addition to treatment, a combination of rosacea-smart skin care and avoiding your triggers can help you manage your facial redness. Talk to your dermatologist about creating a skin care regimen that's right for you. In the meantime, here are some tricks to put you on the right track.

THINK *GENTLE* WHEN IT COMES TO YOUR DAILY SKIN CARE REGIMEN

The skin of rosacea patients tends to be sensitive to certain skin care products and cosmetics, especially ones with alcohol or fragrances. And harsh cleansers like exfoliators or scrubs can irritate your skin and make redness flare up.

AVOID POTENTIAL IRRITANTS



- Cosmetics, creams, and cleansers with added fragrances
- Harsh scrubs, toners, or astringents
- Waterproof products that require scrubbing to remove
- Products with alcohol, witch hazel, menthol, peppermint, or eucalyptus oil

If you're not sure if an ingredient will set off your symptoms, test a little bit of the product on a small area on your neck first.







VISIT MIRVASO.COM TO LEARN MORE ABOUT ROSACEA REDNESS

Important Safety Information

Indication: Mirvaso[®] (brimonidine) topical gel, 0.33% is an alpha adrenergic agonist indicated for the topical treatment of persistent (nontransient) facial erythema of rosacea in adults 18 years of age or older. **Adverse Events:** In clinical trials, the most common adverse reactions ($\geq 1\%$) included erythema, flushing, skin burning sensation and contact dermatitis. **Warnings/Precautions:** Mirvaso Gel should be used with caution in patients with depression, cerebral or coronary insufficiency, Raynaud's phenomenon, orthostatic hypotension, thromboangiitis obliterans, scleroderma, or Sjögren's syndrome. Alpha-2 adrenergic agents can lower blood pressure. Mirvaso Gel should be used with caution in patients with severe or unstable or uncontrolled cardiovascular disease. Serious adverse reactions following accidental ingestion of Mirvaso Gel by children have been reported. **Keep Mirvaso Gel out of reach of children.** Not for oral, ophthalmic, or intravaginal use.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit WWW.FDA.GOV/MEDWATCH or call 1-800-FDA-1088.

COMMON TRIGGERS INCLUDE:

-  **SUN EXPOSURE:** A National Rosacea Society survey identified sun as the #1 rosacea trigger. Minimizing exposure to sun by wearing protective clothing or applying a sunscreen with an SPF of 15 or higher may help.
-  **HEAT:** Hot showers, hot weather, hot beverages...try to keep it cool to avoid redness flare-ups.
-  **COLD:** Winter wind and cold air are big triggers for many people. Protect your face when you have to spend time in the cold.
-  **EXERCISE:** Workouts are great for the body, but they're also great at heating up your facial redness. When you're exercising--indoors or out--try to stay cool.
-  **FOOD:** Red wine, spicy foods, hot beverages, and foods such as soy sauce, vinegar, and cheese could set off redness. To identify your trouble foods, pay attention to how your skin reacts after you eat a suspected trigger.
-  **STRESS:** Worry and tension can bring on rosacea redness, which can bring on more stress! Find ways to manage your stress and make sure you're getting proper rest and eating right.