

Treatment of Moderate Papules / Pustules

Drug	Dose	Duration	+/- Notes
1st choice options			
Ivermectin 10mg/g cream (Soolantra®)	Apply thinly every 24 hours at night	3 months & review. If effective consider ongoing treatment.	Apply a pea sized amount on affected areas of face (forehead/chin/nose/cheek)
OR Azelaic acid 15% gel (Skinoren®)	Apply every 12 hours	Up to 4 weeks for improvement. If effective consider ongoing treatment.	
2nd choice options			
Metronidazole 0.75% cream or gel (Rozex®)	Apply thinly every 12 hours	3 months & review. If effective consider ongoing treatment.	

Treatment of Severe papules / pustules

Seek specialist advice in pregnancy and breastfeeding.

Drug	Dose	Duration	+/- Notes
1st choice options			
Ivermectin 10mg/g cream (Soolantra®)	Apply thinly every 24 hours at night	3 months & review.	Doxycycline & Lymecycline not suitable for children <12yrs old or pregnancy and can cause photosensitivity.
PLUS Doxycycline modified release	40mg every 24 hours	3 months	
Alternative to Doxycycline (either can be used first line)			
Lymecycline	408mg every 24 hours	3 months	
Please note: anti-inflammatory effects may not be seen until 3 months. Review at 4 months (after stopping antibiotic for 1 month). Any small residual papules are superficial and tend to respond to topical ivermectin. In severe cases patients may need 3 months of oral doxycycline or lymecycline per year (but not more frequently).			

If greater than 2 recurrences or if a non-responder then refer to Consultant Dermatologist.

Temporary treatment of redness

Drug	Dose	Duration	+/- Notes
1st choice options			
Brimonidine 3mg/g gel (Mirvaso®)	Apply thinly when required (maximum every 24 hours)	Until erythema subsides or as required.	<ul style="list-style-type: none">• Apply thinly and uniformly on the affected skin once daily when required.• Peak effect 3-6 hours in up to 30% of patients.• Effects wear off at 8-10 hours.• Used on days when redness is an issue (e.g. attending a wedding).• Advise patients to patch test on area of planned application a week beforehand.• Can cause paradoxical/exaggerated erythema at 3-6 hours.