

Rosacea diary

This diary is intended to help you find out what may be triggering your rosacea outbreaks. You can print out and fill in one sheet per day.

Date				
How would you describe the weather conditions your skin was exposed to today?	🗌 Sunny 🗌 Hot	🗌 Cold 🗌 Damp	□ Windy	
What kind of food and drinks did you have today?	 Spicy food Details:	 Alcohol Details: 	 Hot drinks Details: 	Other Details:
What did you do/experience today?	 Stress and excitement Exertion and exercise Hot bath/shower/sauna Warm room temperature Other 	Details: Details: Details:		
What cosmetic products did you use on your face today?				
Did you use your medication today?	🗌 No 🗌 Yes	If yes, what medication?		
How severe is your rosacea today?	No symptomsGetting better	Mild outbreakNo change	Severe outbreakGetting worse	

Institute for Quality and Efficiency in Health Care (IQWiG, Germany) – www.informedhealth.org