

Riversol

Guide to Rosacea Management
by Canada's Top Dermatologist

Your Daily Rosacea Diary



Introduction

After working closely with rosacea patients for decades, Dr. Rivers has developed tremendous empathy for those afflicted with this chronic disorder. It's actually the reason why he started Riversol in the first place. Seeing how profoundly rosacea can affect people physically and emotionally, he was determined to develop tools to help alleviate their stress and discomfort.

Beyond developing his skincare line, Dr. Rivers wanted to help empower his patients – and now you – to take back some control over a seemingly uncontrollable condition. This Rosacea Diary is a printable tool to help structure how you experience your rosacea – because we know rosacea affects everybody differently. And that in itself feeds into the frustration of trying to find relief, when there's no singular, universal solution.

But by using this diary, you can begin to track, identify and understand what triggers your rosacea flare-ups.

Many individuals with rosacea have seen significant improvements in their condition by identifying and avoiding their specific triggers. Your efforts in keeping this diary could lead to better control of your rosacea, enhancing your quality of life.



If you are looking for additional support and resources, the National Rosacea Society offers comprehensive information and research on coping with rosacea, available for free.

We're also here to support you on this journey.

If you have any questions, please call our customer service team **1.866.774.8377**
M - F, 6 a.m. - 5 p.m. PT;
Sat 8 a.m. - 4 p.m. PT.

We hope this diary will be your guide to a clearer understanding of your rosacea and a pathway to better skin health.

How to use

Inside, you'll find a checklist of common triggers – food, drink, skincare products, climate – along with space to note down your daily experiences.

Remember, what affects one person may not affect another; this is a deeply personal endeavour to understand your own body's reactions. We encourage you to use this diary daily, especially during flare-up periods, for at least two weeks. By reviewing your entries, you can pinpoint potential triggers and take steps to avoid them, reducing the frequency and severity of your flare-ups.

Day 1 / Date:

Comprehensive Daily Tracker:

Navigating Rosacea Triggers and Management

1 Weather Conditions:

- Sunny Windy Cloudy Humid
 Hot Cold Mild Dry

2 Food and Beverages Consumed:

- Spicy _____
 Alcohol _____
 Hot Beverage _____
 Other _____

3 Activities Experienced:

- Emotional Stress _____
 Heavy Exercise _____
 Hot Bath/Shower _____
 Indoor Heat _____

4 Skincare Routine:

- Morning Afternoon Evening Night
Products Used List _____

5 Medical Therapy Compliance

- Yes No

6 Rosacea Condition

- No Flare-up Mild Flare-up Severe Flare-up
Products Used List _____

7 Additional Observation

Remember, the more detailed your entries, the better you can track your triggers and manage your rosacea.

Day 2 / Date:

Comprehensive Daily Tracker:

Navigating Rosacea Triggers and Management

1 Weather Conditions:

- Sunny Windy Cloudy Humid
 Hot Cold Mild Dry

2 Food and Beverages Consumed:

- Spicy _____
 Alcohol _____
 Hot Beverage _____
 Other _____

3 Activities Experienced:

- Emotional Stress _____
 Heavy Exercise _____
 Hot Bath/Shower _____
 Indoor Heat _____

4 Skincare Routine:

- Morning Afternoon Evening Night
Products Used List _____

5 Medical Therapy Compliance

- Yes No

6 Rosacea Condition

- No Flare-up Mild Flare-up Severe Flare-up
Products Used List _____

7 Additional Observation

Remember, the more detailed your entries, the better you can track your triggers and manage your rosacea.

Day 3 / Date:

Comprehensive Daily Tracker:

Navigating Rosacea Triggers and Management

1 Weather Conditions:

- Sunny Windy Cloudy Humid
 Hot Cold Mild Dry

2 Food and Beverages Consumed:

- Spicy _____
 Alcohol _____
 Hot Beverage _____
 Other _____

3 Activities Experienced:

- Emotional Stress _____
 Heavy Exercise _____
 Hot Bath/Shower _____
 Indoor Heat _____

4 Skincare Routine:

- Morning Afternoon Evening Night
Products Used List _____

5 Medical Therapy Compliance

- Yes No

6 Rosacea Condition

- No Flare-up Mild Flare-up Severe Flare-up
Products Used List _____

7 Additional Observation

Remember, the more detailed your entries, the better you can track your triggers and manage your rosacea.

Day 4 / Date:

Comprehensive Daily Tracker:

Navigating Rosacea Triggers and Management

1 Weather Conditions:

- Sunny Windy Cloudy Humid
 Hot Cold Mild Dry

2 Food and Beverages Consumed:

- Spicy _____
 Alcohol _____
 Hot Beverage _____
 Other _____

3 Activities Experienced:

- Emotional Stress _____
 Heavy Exercise _____
 Hot Bath/Shower _____
 Indoor Heat _____

4 Skincare Routine:

- Morning Afternoon Evening Night
Products Used List _____

5 Medical Therapy Compliance

- Yes No

6 Rosacea Condition

- No Flare-up Mild Flare-up Severe Flare-up
Products Used List _____

7 Additional Observation

Remember, the more detailed your entries, the better you can track your triggers and manage your rosacea.

Day 5 / Date:

Comprehensive Daily Tracker:

Navigating Rosacea Triggers and Management

1 Weather Conditions:

- Sunny Windy Cloudy Humid
 Hot Cold Mild Dry

2 Food and Beverages Consumed:

- Spicy _____
 Alcohol _____
 Hot Beverage _____
 Other _____

3 Activities Experienced:

- Emotional Stress _____
 Heavy Exercise _____
 Hot Bath/Shower _____
 Indoor Heat _____

4 Skincare Routine:

- Morning Afternoon Evening Night
Products Used List _____

5 Medical Therapy Compliance

- Yes No

6 Rosacea Condition

- No Flare-up Mild Flare-up Severe Flare-up
Products Used List _____

7 Additional Observation

Remember, the more detailed your entries, the better you can track your triggers and manage your rosacea.

Day 6 / Date:

Comprehensive Daily Tracker:

Navigating Rosacea Triggers and Management

1 Weather Conditions:

- Sunny Windy Cloudy Humid
 Hot Cold Mild Dry

2 Food and Beverages Consumed:

- Spicy _____
 Alcohol _____
 Hot Beverage _____
 Other _____

3 Activities Experienced:

- Emotional Stress _____
 Heavy Exercise _____
 Hot Bath/Shower _____
 Indoor Heat _____

4 Skincare Routine:

- Morning Afternoon Evening Night
Products Used List _____

5 Medical Therapy Compliance

- Yes No

6 Rosacea Condition

- No Flare-up Mild Flare-up Severe Flare-up
Products Used List _____

7 Additional Observation

Remember, the more detailed your entries, the better you can track your triggers and manage your rosacea.

Day 7 / Date:

Comprehensive Daily Tracker:

Navigating Rosacea Triggers and Management

1 Weather Conditions:

- Sunny Windy Cloudy Humid
 Hot Cold Mild Dry

2 Food and Beverages Consumed:

- Spicy _____
 Alcohol _____
 Hot Beverage _____
 Other _____

3 Activities Experienced:

- Emotional Stress _____
 Heavy Exercise _____
 Hot Bath/Shower _____
 Indoor Heat _____

4 Skincare Routine:

- Morning Afternoon Evening Night
Products Used List _____

5 Medical Therapy Compliance

- Yes No

6 Rosacea Condition

- No Flare-up Mild Flare-up Severe Flare-up
Products Used List _____

7 Additional Observation

Remember, the more detailed your entries, the better you can track your triggers and manage your rosacea.

Day 8 / Date:

Comprehensive Daily Tracker:

Navigating Rosacea Triggers and Management

1 Weather Conditions:

- Sunny Windy Cloudy Humid
 Hot Cold Mild Dry

2 Food and Beverages Consumed:

- Spicy _____
 Alcohol _____
 Hot Beverage _____
 Other _____

3 Activities Experienced:

- Emotional Stress _____
 Heavy Exercise _____
 Hot Bath/Shower _____
 Indoor Heat _____

4 Skincare Routine:

- Morning Afternoon Evening Night
Products Used List _____

5 Medical Therapy Compliance

- Yes No

6 Rosacea Condition

- No Flare-up Mild Flare-up Severe Flare-up
Products Used List _____

7 Additional Observation

Remember, the more detailed your entries, the better you can track your triggers and manage your rosacea.

Day 9 / Date:

Comprehensive Daily Tracker:

Navigating Rosacea Triggers and Management

1 Weather Conditions:

- Sunny Windy Cloudy Humid
 Hot Cold Mild Dry

2 Food and Beverages Consumed:

- Spicy _____
 Alcohol _____
 Hot Beverage _____
 Other _____

3 Activities Experienced:

- Emotional Stress _____
 Heavy Exercise _____
 Hot Bath/Shower _____
 Indoor Heat _____

4 Skincare Routine:

- Morning Afternoon Evening Night
Products Used List _____

5 Medical Therapy Compliance

- Yes No

6 Rosacea Condition

- No Flare-up Mild Flare-up Severe Flare-up
Products Used List _____

7 Additional Observation

Remember, the more detailed your entries, the better you can track your triggers and manage your rosacea.

Day 10 / Date:

Comprehensive Daily Tracker:

Navigating Rosacea Triggers and Management

1 Weather Conditions:

- Sunny Windy Cloudy Humid
 Hot Cold Mild Dry

2 Food and Beverages Consumed:

- Spicy _____
 Alcohol _____
 Hot Beverage _____
 Other _____

3 Activities Experienced:

- Emotional Stress _____
 Heavy Exercise _____
 Hot Bath/Shower _____
 Indoor Heat _____

4 Skincare Routine:

- Morning Afternoon Evening Night
 Products Used List _____

5 Medical Therapy Compliance

- Yes No

6 Rosacea Condition

- No Flare-up Mild Flare-up Severe Flare-up
 Products Used List _____

7 Additional Observation

Remember, the more detailed your entries, the better you can track your triggers and manage your rosacea.

Day 11 / Date:

Comprehensive Daily Tracker:

Navigating Rosacea Triggers and Management

1 Weather Conditions:

- Sunny Windy Cloudy Humid
 Hot Cold Mild Dry

2 Food and Beverages Consumed:

- Spicy _____
 Alcohol _____
 Hot Beverage _____
 Other _____

3 Activities Experienced:

- Emotional Stress _____
 Heavy Exercise _____
 Hot Bath/Shower _____
 Indoor Heat _____

4 Skincare Routine:

- Morning Afternoon Evening Night
 Products Used List _____

5 Medical Therapy Compliance

- Yes No

6 Rosacea Condition

- No Flare-up Mild Flare-up Severe Flare-up
 Products Used List _____

7 Additional Observation

Remember, the more detailed your entries, the better you can track your triggers and manage your rosacea.

Day 12 / Date:

Comprehensive Daily Tracker:

Navigating Rosacea Triggers and Management

1 Weather Conditions:

- Sunny Windy Cloudy Humid
 Hot Cold Mild Dry

2 Food and Beverages Consumed:

- Spicy _____
 Alcohol _____
 Hot Beverage _____
 Other _____

3 Activities Experienced:

- Emotional Stress _____
 Heavy Exercise _____
 Hot Bath/Shower _____
 Indoor Heat _____

4 Skincare Routine:

- Morning Afternoon Evening Night
 Products Used List _____

5 Medical Therapy Compliance

- Yes No

6 Rosacea Condition

- No Flare-up Mild Flare-up Severe Flare-up
 Products Used List _____

7 Additional Observation

Remember, the more detailed your entries, the better you can track your triggers and manage your rosacea.

Day 13 / Date:

Comprehensive Daily Tracker:

Navigating Rosacea Triggers and Management

1 Weather Conditions:

- Sunny Windy Cloudy Humid
 Hot Cold Mild Dry

2 Food and Beverages Consumed:

- Spicy _____
 Alcohol _____
 Hot Beverage _____
 Other _____

3 Activities Experienced:

- Emotional Stress _____
 Heavy Exercise _____
 Hot Bath/Shower _____
 Indoor Heat _____

4 Skincare Routine:

- Morning Afternoon Evening Night
 Products Used List _____

5 Medical Therapy Compliance

- Yes No

6 Rosacea Condition

- No Flare-up Mild Flare-up Severe Flare-up
 Products Used List _____

7 Additional Observation

Remember, the more detailed your entries, the better you can track your triggers and manage your rosacea.

Day 14 / Date:

Comprehensive Daily Tracker:

Navigating Rosacea Triggers and Management

1 Weather Conditions:

- Sunny Windy Cloudy Humid
 Hot Cold Mild Dry

2 Food and Beverages Consumed:

- Spicy _____
 Alcohol _____
 Hot Beverage _____
 Other _____

3 Activities Experienced:

- Emotional Stress _____
 Heavy Exercise _____
 Hot Bath/Shower _____
 Indoor Heat _____

4 Skincare Routine:

- Morning Afternoon Evening Night
 Products Used List _____

5 Medical Therapy Compliance

- Yes No

6 Rosacea Condition

- No Flare-up Mild Flare-up Severe Flare-up
 Products Used List _____

7 Additional Observation

Remember, the more detailed your entries, the better you can track your triggers and manage your rosacea.

Day 15 / Date:

Comprehensive Daily Tracker:

Navigating Rosacea Triggers and Management

1 Weather Conditions:

- Sunny Windy Cloudy Humid
 Hot Cold Mild Dry

2 Food and Beverages Consumed:

- Spicy _____
 Alcohol _____
 Hot Beverage _____
 Other _____

3 Activities Experienced:

- Emotional Stress _____
 Heavy Exercise _____
 Hot Bath/Shower _____
 Indoor Heat _____

4 Skincare Routine:

- Morning Afternoon Evening Night
 Products Used List _____

5 Medical Therapy Compliance

- Yes No

6 Rosacea Condition

- No Flare-up Mild Flare-up Severe Flare-up
 Products Used List _____

7 Additional Observation

Remember, the more detailed your entries, the better you can track your triggers and manage your rosacea.

Day 16 / Date:

Comprehensive Daily Tracker:

Navigating Rosacea Triggers and Management

1 Weather Conditions:

- Sunny Windy Cloudy Humid
 Hot Cold Mild Dry

2 Food and Beverages Consumed:

- Spicy _____
 Alcohol _____
 Hot Beverage _____
 Other _____

3 Activities Experienced:

- Emotional Stress _____
 Heavy Exercise _____
 Hot Bath/Shower _____
 Indoor Heat _____

4 Skincare Routine:

- Morning Afternoon Evening Night
Products Used List _____

5 Medical Therapy Compliance:

- Yes No

6 Rosacea Condition

- No Flare-up Mild Flare-up Severe Flare-up
Products Used List _____

7 Additional Observation:

Remember, the more detailed your entries, the better you can track your triggers and manage your rosacea.

Day 17

Review Your Data:

Revisit your Diary Entries and Mark Down the Most Often Checked Item

1 Weather Conditions: _____

2 Food and Beverages Consumed: _____

3 Activities Experienced: _____

4 Skincare Routine: _____

5 Medical Therapy Compliance: _____

6 Rosacea Condition: _____

7 Additional Observation:

Take some time to go over the occurrences in your rosacea diary. Look for any recurring patterns among your triggers to better understand and manage your condition.
