



ROSACEA / SEBACEOUS HYPERPLASIA Protocol

- Take **Doxycycline 100 mg** twice a day for 1 month before and 1 month after surgery (*we will dispense 130 tabs*) – take at least 2 hours before or after any food (*doxycycline is bound by calcium*).
- While taking Doxycycline, take a **Probiotic** twice a day (*probably easiest to take with breakfast and dinner, because it can't be taken at the same time as doxycycline*).
- **After sutures are removed**, apply **Maxitrol ophthalmic ointment** at night in the eyes for 1 week and **Maxitrol ophthalmic drops/suspension** in the eyes 3-4 times a day for 1 week.
- One week after surgery, begin the **oral flaxseed oil** and **omega-3 oils** by mouth.
- When bruising is gone and most swelling is gone, restart warm compresses 2-3 times a day (*e.g. shower in the morning and warm compresses early evening, and again right before bed*).
- **Vitamin C 500 mg** twice a day.
- Methylprednisolone 4mg (**Medrol Dose Pack**) x 2 Packages – **If diabetic, ask your PCP about taking this medication.**
 - Day 1: If having IV sedation anesthesia (MAC), 3 tabs night before surgery and 3 tabs after surgery
If not having IV sedation anesthesia (MAC), 6 tabs the day of surgery (usually split them up)
 - Day 2: 6 tabs during the day
 - Days 3 + 4: 5 tabs each day
 - Days 5 + 6: 4 tabs each day
 - Days 7 + 8: 3 tabs each day
 - Days 9 + 10: 2 tabs each day
 - Days 11 and 12: 1 tab each day