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How to Get Rid of Redness Around the Nose Without Using Concealer

By DACY KNIGHT | January 28, 2018



Our skin has a way of turning against us in the dead of winter—dry rough patches and redness are common complaints. The nose is a particularly sensitive area in cold-weather months. If redness around the nose is something you've been struggling with, keep in mind that the redness is there for a reason. The most important thing is to determine *why* it's there and treat the underlying cause—rather than cover up the problem with concealers or powders that could aggravate the situation. If you're concerned about persistent redness around the nose, it is best to consult with a dermatologist who can diagnose your issue. We reached out to Beverly Hills dermatologist [Ava Shamban](#), MD, founder of SkinxFive, to address what might be at work and share some at-home remedies to relieve the irritation.

Some of the most common causes of redness around the nose are rosacea, perioral dermatitis, and allergy. "Both perioral dermatitis and rosacea can have tiny little pustules on a red patch," describes Shamban. "Rosacea may also have cysts and telangiectasia. Dermatitis may have a small number of white scales." Unless you're qualified to self-diagnose, it is best to see a dermatologist immediately if you suspect the redness around your nose includes any of these additional ailments.

Once a dermatologist has examined the redness around your nose, they will be able to prescribe treatments. Shamban explains that for underlying allergies like hayfever, an antihistamine is the preferred treatment. "If the cause is rosacea, reducing exposure to extreme heat as well as reducing intake of spicy foods and alcohol" can help, says Shamban. "If the cause is oral dermatitis, this can be flared up by hormonal changes, so make sure to visit your gynecologist to treat those changes."

For lifestyle changes that can help reduce your chance of redness around the nose, Shamban advises looking for gentle hypoallergenic cleansers and moisturizers. If you're looking for added relief, "cucumbers soaked in a small amount of water mixed into a bland moisturizer can be helpful," suggests Shamban. "Alternatively, having a facial mask made with yogurt honey and oatmeal can also be soothing."

In sum, if you're wondering how to get rid of redness around the nose—and it's not a one-time flare-up from staying out in the cold too long or irritation from a runny nose—it is best to have a medical professional take a look.

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