

PSEUDOFOLLICULITIS BARBAE

Advice on Shaving Methods

Razor bumps, also called Pseudofolliculitis Barbae, (a.k.a. “barber’s itch”), are small, irritated bumps on the skin. They develop after shaving, when strands of hair curl back on themselves and grow into the skin. Razor bumps cause irritation and pimples. They also may cause scarring. Following these shaving instructions can help prevent razor bumps from forming:

Important Points:

- It is helpful to take a hot shower before shaving, to soften the hair and open the pores.
- Do not stretch or pull the skin taut.
- Do not shave against the grain / direction of hair growth.
- Use a sharp razor each time.
- Use the fewest razor strokes possible.
- Take short strokes (with the grain of hair) and do not shave the same areas more than twice.
- After shaving, rinse with cold water.

Method:

- Remove pre-existing hairs with clippers, leaving approximately 1 – 2 millimeters of stubble.
- Wash area with non-abrasive acne soap and rough washcloth; in areas with “ingrown hairs”, gentle massaging with a soft toothbrush may help.
- Rinse area with cold water.
- Use a heavy shaving cream or gel of your choice. Massage moderate amount of lather on to be shaved (do not allow lather to dry; if it does, reapply the shaving cream).
- Use a sharp blade (whichever type seems to be cut best but not too close) and shave with the grain of the hair using short even strokes with minimal tension (and no more than twice in one area); in hard-to-reach areas, you may need to shave against the grain.
- After shaving, rinse with tap water and then apply a soothing lotion of your choice. If significant burning or itching occurs, a topical corticosteroid cream or lotion (1 to 2.5% Hydrocortisone) can be used as an alternative aftershave preparation.

Additional Treatment Options:

- Topical or oral antibiotics may be recommended and/or prescribed by your Provider.
- More long-lasting treatments such as in-office Laser treatments may also be helpful to control and prevent breakouts.

Please contact us at 520.795.7729 if you have any questions or concerns.