

Bruce P. Robinson, MD, FAAD

Diplomate American Board of Dermatology
121 East 60th Street, Second Floor
New York, New York 10022
Website: www.BruceRobinsonMD.com
Tele: (212) 750 - 7121
Email: info@brucerobinsonmd.com

Pseudofolliculitis Barbae

What is Pseudofolliculitis Barbae?

Pseudofolliculitis Barbae is an inflammatory condition that most commonly occurs in the beard area, bikini or lower legs. It is the result of curved hairs penetrating the skin or failing to pass through follicular openings and entering directly into the skin (below its surface.). These hairs act as foreign-bodies like a splinter in your finger. This process is more often seen in dark skin people because their hairs are frequently curly, exiting the skin at an acute angle.

How Do You Treat It?

Although there is no cure this condition can be controlled! Perhaps the most effective treatment is to allow the hairs to grow well beyond the skin surface (i.e. grow a beard). If this is not an option the following regimen will help.

- 1) Always moisten the beard area with warm water prior to shaving
i.e. shave in the shower.
2. Using a washcloth rub the beard area in a circular fashion to help dislodge any hairs that have curved into the skin.
- 3) Use a **shave gel** and develop a thick lather. Do not use soap.
- 4) Using a special razor (**PFB bump fighter razor**) shave only in a **downward** direction. Shaving downward and then upward causes the hair tips to become pointed much like sharpening a pencil. This promotes the penetration of hair into the skin. **Avoid close shaves!** They can prevent hairs from passing through follicular openings and cause them to pass directly into the skin (below its surface)
- 5) You should shave at least every other day and change your razor blade weekly. Individuals with thick beards may need to change razor blades after each shave.
- 6) After shaving apply (Vytone, Hytone, Desowen, Aclovate or _____)
to the entire beard area.
- 7) Apply Benzoyl Peroxide to the entire beard area before bed. In order to prevent stinging or burning make sure you apply the Benzyl Peroxide to a dry face.
- 8) Glycolic acid peels and HydraFacial MD treatments performed in the office can improve this condition and is safe in people with dark skin.