

# Southside Dermatology

## Pseudofolliculitis Barbae (PFB)

PFB is a chronic foreign-body reaction to hair reentry. The mainstay of treatment is avoidance of shaving, with discontinuation of shaving for a least one month documented as curative in most cases. If this approach is impractical for your lifestyle, also consider trimming facial hair with clippers, while maintaining a 0.5 to 1mm facial hair length. If shaving is a must, here are some helpful hints.

1. Wash face with warm water and gentle cleanser before shaving to soften hairs and release ingrown hairs
2. Apply a generous amount of shave gel/foam for reduced friction
3. Shave daily with a technologically advanced multiblade razor, if possible using light strokes in the direction of hair growth (with the grain of hair growth)
4. Use an aftershave product with moisturizing agents to hydrate skin

Prescription options – tretinoin to help with skin darkening and to aid in hyperkeratosis of the skin layer (removes the thin layer of skin covering the embedded hair shaft)

Low potency topical corticosteroids or topical/oral antibiotics may be used to reduce inflammation associated with papule or pustule formation respectively

One low potency topical steroid available OTC is hydrocortisone

If the above options fail, consider topical Vaniqa (eflornithine) cream to slow hair growth or laser hair removal.