

Folliculitis

What is it?

- **Folliculitis** – also called bikini rash, beard rash, or Barber’s itch, is an inflammation or infection of the hair follicles, the small sac beneath the skin from which hair grows and develops, the infection can be caused by either fungus or bacteria



Signs and Symptoms:



- **Symptoms**- fever over 101°F, swelling, redness, warmth, increased pain over the infected area

Recommendations:

- **Infected Area**- wash with an antibacterial soap, if on beard or hair use a shampoo containing propylene glycol or selenium; use a warm compress 3 to 6 times per day to heal faster and to stop the pain and itching
- **Practice Good Hand Washing Techniques**- lather hand with warm soap and water using friction for 30 seconds and dry with a disposable towel
- **Solution**- use 1 Tablespoon of white vinegar with 1.3 cups of water
- **Prevention**- do not share towels or personal items, do not scratch

Facts:

- **Can Develop** – anywhere on the body; the most common locations are the neck, face, scalp and areas where clothing rubs against the body, such as thighs, buttocks, crotch and arms
- **To be Rid of Folliculitis**- one must kill the fungus or bacteria
- **Laser Treatment**- destroys the hair follicle and reduces the scarring that results from folliculitis, hair will no longer grow in the treated area, laser treatment is also expensive



What can I do?

- **See your Health Care Provider**- for treatment may suggest an antibiotic ointment, cream or pill; or antiseptic cleanser; laser treatment
 - **Mild Folliculitis from Bacteria**- sometimes heal on their own, may return or get worse;
 - **Mild Folliculitis from Fungus**- may need to take antifungal pills or corticosteroid to reduce inflammation