

PSEUDOFOLLICULITIS BARBAE (MEN)

Pseudofolliculitis barbae is a long and confusing name, which applies to a skin condition, which affects the beard area of certain patients. This problem occurs because the hair tends to curl quickly and penetrates the skin. Where the hair penetrates the skin, a small red bump or pimple forms.

Pseudofolliculitis is a problem, which is common in men. The reason why is that the hair tends to curl more quickly in some men. Since there is no way to change the way the hair grows, there is no true cure for this condition. Fortunately it can be controlled in the majority of cases.

The main treatment for pseudofolliculitis barbae is to prevent the hair from curling back inward. A permanent solution is laser hair removal to destroy all the hair follicles. The problem with this approach is that it requires many sessions and is expensive. The other approaches include keeping the beard shaved very closely or by allowing a beard to grow. When a beard grows the hair is long enough that it cannot penetrate back in. Unfortunately for many patients growing a beard is not a reasonable alternative. The other option is to keep the beard shaved close so the hair never becomes long enough to penetrate the skin.

There are many topical therapies, which help pseudofolliculitis barbae. One is topical Vaniqa cream which slows the growth of hair. I will recommend treatment that is tailored to your individual case. In addition, it is very important to remove any hair, which is growing back into the skin. It is not necessary to pluck it at the root, but you should pull out the side, which is growing back into the skin, and then clip the hair close to the skin.

Pseudofolliculitis barbae is a common condition and fortunately it can be helped in the majority of cases. If you have any other questions about this condition, please ask me before you leave the office.