



PSEUDOFOLLICULITIS BARBAE (PFB)

Pseudofolliculitis Barbae (razor bumps) is a common condition of the beard area occurring in up to 60% of African American men and other people with curly hair. The problem results when highly curved hairs grow back into the skin causing inflammation and a foreign body reaction. Over time, this can cause keloidal scarring which looks like hard bumps of the beard area and neck.

A 100% effective treatment is to let the beard grow. Once the hairs get to be a certain length they will not grow back into the skin. If you must use a blade, water soften the beard first with a hot, wet wash cloth for 5 minutes, then use a lubricating shaving gel (Edge, Aveeno) or a prescription medicated shaving foam (benzashave by Dermik) and use the Aveeno PFB Bump Fighter Razor or the Flicker razor. Shave with the grain of the beard and do not stretch the skin. Use only one stroke over each area of the beard.

Use of an electric shaver may also help the condition because it does not cut as close as blades do. Use the electric razor on high setting to avoid close shaving a prepare beard with electric razor pre-shave. Do not stretch skin while shaving and shave with the grain of beard growth. Avoid multiple repetition of strokes in the same area. Do not press razor head hard against the skin. Shave every other day. Better still is a barber's clipper (with clipping guard) to prevent shaving closer than 1mm cut of whisker hair.