

## FOLLICULITIS

### WHAT IS FOLLICULITIS?

Folliculitis is a common skin condition caused by an inflammation of one or more hair follicles in an area. It usually occurs in areas of irritation such as sites of shaving, friction from tight clothing, or injuries (abrasions) to the skin. In many cases, the inflamed follicles are infected with *Staphylococcus* organisms, that normally live on the skin.

Folliculitis can occur in people of all ethnicities, all ages, and both sexes. Some risk factors for folliculitis include diabetes, immunosuppression, obesity, and frequent shaving.

### HOW DO YOU TREAT FOLLICULITIS?

Self Care Guidelines:

- Shave in the same direction of hair growth.
- Avoid shaving irritated skin.
- Use an electric razor or a new disposable razor each time you shave. Consider other methods of hair removal, such as depilatories.
- Use an antibacterial soap.
- Apply hot, moist compresses to the involved area.
- Launder towels, washcloths, and bed linens frequently, and do not share such items with others.

If folliculitis is resistant to at home treatment, you may require the following:

- Prescription-strength antibacterial wash, such as chlorhexidine gluconate.
- Topical antibiotic lotion or gel, such as erythromycin or clindamycin
- Oral antibiotic pills, such as cephalexin, erythromycin, or doxycycline