

# FOLLICULITIS

## What is Folliculitis?

Folliculitis is an infection starting around hair follicles. It is usually caused by a type of bacteria referred to as staphylococcus or “Staph” for short. It is usually not serious, but deep or recurrent folliculitis of the scalp, nose, beard area, or eyelid can be distressing.

## Treatment

Your doctor will mark the appropriate items, depending on the severity of your problem.

Use the medication(s) prescribed:

Shower and shampoo daily with Hibiclens, which may can be purchased from a drug store without a prescription, instead of your regular soap and shampoo. Start now and continue for the period indicated:

If the buttocks are involved with frequent episodes, the following may help prevent recurrences:

- Wear loose-fitting cotton underwear
- Wear loose-fitting trousers
- Apply Xerac-AC to totally dry buttock skin at bedtime
- Use cool air from a blow dryer or fan if necessary to completely dry the skin. The medicine needs to have skin contact for 6-8 hours when you are not sweating in order to work. While you are sleeping is the best time for this. In the morning, wash off.
- Apply Zeasorb powder during the daytime.

## Should family members receive any treatment?

Yes. The skin and nasal secretions of family members may sometimes be a source of re-infection, even when these people have no visible evidence of infection. This is the reason for the following recommendations:

Family members living with you and others with close contact:

- Shower with Hibiclens for at least five days (during the same week that you do).
- Rub Bactroban ointment (prescription required) with a cotton-tipped applicator into the front part of the nose once per day for two weeks.