

# FOLLICULITIS



## ■ ■ ■ Description

Folliculitis is an inflammation of the hair follicle gland in the skin. This inflammation is usually caused by bacteria. Some individuals are more prone to such infections, but they can be prevented or diminished. The bacteria thrive in warm, moist environments. This condition can be seen anywhere on the body, but it is more prevalent on the back.

## ■ ■ ■ Common Signs and Symptoms

- Red bumps on skin (papules)
- White bumps on skin (pustules)
- Itchy rash on skin
- Painful rash on skin
- Fever
- Swollen lymph glands

## ■ ■ ■ Causes

- Delayed hygiene
- Excessive or prolonged sweating
- Irritation from clothing or athletic gear
- Predisposition to *Staphylococcus* infections

## ■ ■ ■ Risk Increases With

- No antibacterial soap use
- Remaining in sweaty or damp clothing
- Poor immunity

## ■ ■ ■ Preventive Measures

- Remove sweaty clothing as soon as possible.
- Bathe or shower as soon as possible after a workout.
- Use antibacterial soaps.
- Pay special attention to your back when cleansing.

## ■ ■ ■ General Treatment Considerations

Bacterial folliculitis can be treated with topical or systemic modalities. Initial treatment includes cleansing of affected areas with antibacterial soaps. Warm compresses to the area can help large follicles to drain. Dressings containing drying agents can help diminish bacteria in follicles and help the rash resolve more quickly. Antibiotic creams and ointments can be applied when infection is resistant to these hygienic measures. If the infection extends into the soft tissues, a condition called cellulitis, oral antibiotics can be given. Finally, on rare occasions incision and drainage of the follicles may be needed for the infection to be cured.

Notes:

(Up to 4400 characters only)

Notes and suggestions