Tips for Skin Picking Disorder & Ingrown Hairs

Ingrown Hairs can be a result of hair removal such as shaving or tweezing. The removed hair grows back into the skin, causing bumps, inflammation, itchiness & pain.

Strugglers of Dermatillomania can find ingrown hairs to be a big picking trigger. When excessively picked and scratched, ingrown hairs can develop infections, scarring & hyperpigmentation. Check out our tips on preventing & managing them.

Ingrown Hair Prevention

☆ Exfoliate with shower gloves, a washcloth or an exfoliating cloth before you shave to help with bumps & ingrown hairs

☆ **Try:** Salux Exfoliating Nylon Wash Cloth

☆ Dry brush before shaving

☆ Choose a moisturizing shave cream
  ☆ **Try:** Aveeno Therapeutic Shave Gel with soothing Avena Sativa (Oat) Kernel Flour

☆ After shaving, apply a soothing moisturizer to keep skin hydrated

☆ Apply an aftershave to help with bumps
  ☆ **Try:** Tend Skin Razor Bump Solution

☆ Soften area w/ an oil or serum
  ☆ **Try:** Fur Oil for sensitive areas or Topicals High Roller Serum for a hands-free option with softening, exfoliating ingredients like Niacinamide & Salicylic Acid

Ingrown Hair Picking Management

☆ Do you use your phone flashlight to get a closer look at your pores? Place Gaff Tape over your flashlight to minimize use. Gaff tape is cloth-based & leaves no residue

☆ If you’re a tool user, try placing them in a bowl of water & putting in the freezer to help encourage the picking urge to pass

☆ To keep your fingers from wandering, wear tight, covering clothing such as turtle necks, gloves & leggings

☆ Feel triggered to pick in the bathroom? Use a timer or your phone to keep your bathroom time accountable

☆ Dim or put up string lights in the bathroom to lessen visibility

---

Feral Aquarius | 2/9/21

Having dermatillomania be like "I don’t know if it’s a scab, zit, ingrown hair, or scar tissue, but I do know I gotta pick at it. But why? Gotta 😁"