

## 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 🤖"

