

Folliculitis Remedies and Treatment!

Folliculitis is a skin problem, which is caused by inflammation or bacterial infection. The most commonly affected parts are the face, scalp, back, and the areas rubbed by clothing, such as the thighs. It is a terrible disease to contract. Usually appear as small, white-headed pimples and looks like acne. The common symptoms of Folliculitis are a rash, itching and excessive sweating. It can affect all parts of the body where there is body hair and can cause permanent hair loss. It can be extending from one person to another because the bacteria that cause folliculitis are infectious. As the pores and follicles accumulate bacteria and fungus, they become infected and folliculitis occurs.

It looks like acne but it is different. In folliculitis, the hair follicle gets infected. Acne problems generally rise due to dirty pollution, internal toxins etc.

Folliculitis Treatment

- For bacterial folliculitis, use antibacterial soap for infected area and also use a shampoo containing selenium or propylene glycol if infections are in scalp or beard. And also avoid public hot tubs and spas. If you own a hot tub, clean it regularly and add chlorine when recommended.
- Also use antibiotic ointment creams and antibiotic pills prescribe by the doctor. For fungal infection, the patient is treated with a regular dose of antifungal pills. Before using anti-biotic creams and lotions clean the affected area properly.
- Don't rub the infected areas. Because the bacteria or fungi cause folliculitis, it can be carried under your fingernails and spread to other areas of your body or to other people. Cut your nails and always keep them short when you are suffering from folliculitis. Otherwise it can be harmful not only for ~~to~~ you but also for the people around you.
- If the infection covers a large area or multiple areas, your doctor may prescribe an oral antibiotic. If the folliculitis is caused by a fungal infection, Your doctor will prescribe antifungal drugs and topical treatments.
- If you get infected by folliculitis a doctor generally advises not to shave until the condition has healed up. Try using depilatory creams and lotions, which remove hair without shaving. These products are not recommended to use more often than once or twice a week.
- Avoid oily skin creams and greasy cosmetics on your skin. It clogs pores and trap bacteria causing folliculitis.

- Chlorine is considered to be good for killing germs. Thus, it is advised to add chlorine to your bathing water and also, wash your face with chlorine after shaving to keep the skin germs free. *Chlorine effectively kills bacteria that are inside water.*
- Scalp Folliculitis is another type of folliculitis. This infection can damage the hair follicles, and or pustules on the scalp. This condition can be more common in an oily scalp, as excess oil can clog the sebaceous glands, which increases the chances of getting bacterial infection. Use appropriate scalp folliculitis shampoos as they help to treat scalp folliculitis. Try to keep your head as clean and oil free as possible.
- Natural treatment for folliculitis includes the intake of raw garlic. Another home remedy is by using neem. Boil some Neem (Margosa) leaves in water and then use the water in your bath to clear the infection. Neem is an excellent antiseptic and has anti-bacterial properties. You can also add some turmeric powder to the water.
- Always wear loose fitting clothes, especially cotton fiber instead of synthetic ones. This type of clothing does not irritate your skin and allows the perspiration to evaporate easily. Also use medicated powder to keep the area dry and try to reduce friction.
- Avoid sharing towels, washcloths, or other personal items. If you have folliculitis, use a clean washcloth and towel each time you bathe. Since this disease is caused by bacteria or fungal, it easily spreads around.
- Ultraviolet light therapy is also used in folliculitis treatment; ultraviolet (UV) light is directed over your folliculitis rash to help decrease the inflammation on the skin. UV light treatments are often used to treat EPF.
- A proper diet should be taken like curd, fruits and vegetables to boost natural immunity. A doctor or nutritionist may recommend vitamins or mineral supplements to compensate for specific dietary deficiencies. Drinking eight to ten glasses of water a day can help flush disease causing organisms from the body. It will help your body flush out toxins and bacteria. Also if you are taking medicine to treat folliculitis, drinking plenty of water will speed up the healing process.
- Prepare a mixture of salt water-add 1 tsp of salt on the boiling water and let it cool until warm. Soak a soft cloth in the mixture and apply to boils and

carbuncles for 30 minutes several times in a day. This will help the sores burst and drain more quickly.

Folliculitis cure is not easy; once you notice the signs of folliculitis you should visit your doctor immediately to get the right treatment. Folliculitis is easily treatable with antibiotics or anti-fungal medication. A superficial case of folliculitis usually clears by itself in a few days, but if there's no improvement after two or three days, then you should make an appointment with a skin specialist to treat folliculitis.