



Dr Shave's Book of Shaving
Shaving Problems

— The expert guide to the world of shaving —

Introduction

Lots of men contact Dr Shave for advice on how to get rid of ingrown hairs, how to banish razor burn, how to avoid shaving rash and many other problems that can affect a wet shaver. Dr Shave generously shares his expert advice here.

Shaving Problems

Shaving Related Skin Problems

Shaving related problems usually respond well to a combination of proper shaving technique, equipment and products.

For tough or non-responding persistent shaving problems, it is always best to consult with a dermatologist. In this chapter I'll tell you about the skin problems associated with shaving, how they are caused and what you can do to minimise or prevent them happening.

Shaving can have side effects including:

- Razor bumps
- Redness
- In-growing hairs
- Razor burn
- Nicks and cuts
- Razor rash.

Many side effects can be minimised by using a fresh blade, plenty of lubrication, avoiding shaving against the grain and avoiding pressing too hard with the razor.

Razor Bump / Ingrown Hairs

Some people have an adverse response to shaving called pseudofolliculitis barbae (PFB), or 'razor bumps' due to ingrowing hairs. PFB are reddish or dark coloured, sometimes painful, raised areas and are especially common with curly hair.

These hairs, after growing a little above the skin, have a tendency to curl and grow back into the skin. This leads to the reddish, swollen areas, which can become infected. Bumps occur when the hair is cut too short. Then, instead of growing back out of the skin it curls round and then grows into the skin layer.

This condition is extremely common in people of African descent, who have curly hair. The good news is that they can be mostly avoided by a proper shaving technique, indeed we have helped many men over the years who wanted to wet shave but thought they couldn't due to PFB.

An ideal shave cuts the hair flush with the surface of the skin and avoids any undue friction or irritation to the surrounding skin. If you suffer from razor bumps, ingrown hair and shaving irritation, the chances are that you are pulling the skin too taut during the shave and the hairs are cut too short.

Don't pull the skin tight and see if it makes a difference.

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How do I Treat Razor Bumps and Ingrowing Hairs?

If you can see ingrown hairs, try to tease the tips of the hairs out of the skin. Soak a flannel in hot water and apply it to your skin for a few minutes. This should soften the hairs to enable you to pull the hair out of the 'bump' with a pair of fine tweezers. Cut the loose end with a pair of scissors.

Avoid shaving for a few days. Then cut the beard with scissors quite close to the skin. As the hair grows, it should grow slightly straighter and not back into the skin.

Remember when you continue to shave not to pull the skin too tight or shave against the direction of hair growth.

An application of [Aloe Clear](#) can reduce the condition of ingrown hair, this roll-on gel treats ingrown hairs, shaving rash, shaving bump and cools and soothes shaved skin.

[Geo F Trumper Skin Food](#) is another product that can be applied daily after shaving. It is effective at fighting ingrown hairs and helps calm redness associated with shaving and waxing.

Razor Burns

Razor burns are burning sensations and irritation more often than not caused by applying too much pressure with the razor and or, shaving with a blunt blade. When too much pressure is applied there is no effective barrier between your face and the razor.

The result is friction burns, more commonly known as razor burns.

Preventing Razor Burn

The first thing to do is change the blade at least once a week - a new, sharp razor blade will skim lightly over your skin without irritating it.

Be sure to let the warm water soften your skin and hair before getting started, and

use plenty of moisturising shaving cream or shaving soap, not face soap, as an added cushion.

Use a pre-shave oil, a shaving brush and a good quality shaving cream or soap made from natural ingredients to avoid a reaction to harsh chemicals. Make sure you have a rich, creamy lather on your face and try not to press too hard with the razor.

Soothing Razor Burn

There are 100s of after shave balms available, some good, some not so good. The best ones will soothe, cool and moisturise the skin, our Executive Shaving offering is made with water drawn from a Scottish Loch, [Intensive Moisturising Balm](#). Dr. Shave has intensely moisturised skin because of his technique and the cream - smooth.

Shaving Rash / Folliculitis or Barber's Rash

This is an infection of the hair follicles, particularly of the facial hair. It causes

red, painful and pus-filled blisters due to an infection of the hair follicles.

Shaving rash is more of a problem with men who have curly hair and is similar to 'razor bumps', the symptoms are unsightly red or darkened, painful 'bumps' which can lead to 'scarring' in severe cases. These severe cases may need treated with an antibiotic.

Hairs are most likely to grow inwards if you pull too tightly on the skin whilst shaving. The hairs raise out of the follicle when you pull the skin and after the cut, the tip of the hair retracts into the follicle and curls into the follicle as it begins to grow. This causes the shaving rash and razor bumps. To minimise any inflammation and irritation it is best to let the hair grow back until the rash is gone before you try removing it again.

Treatment of Shaving Rash

Shaving rash can be treated with Aloe Clear. Aloe Clear is a roll-on gel formulated to aid in the relief of ingrown

hairs, razor burn/bumps resulting from shaving, waxing, electrolysis and laser hair removal.

How to Avoid Shaving Problems

Experience has shown that shaving with a double edge, safety razor tends to provide smooth shaves with less chance of causing shaving irritation and ingrown hairs than electric razors and multi blade cartridge razors such as Mach3 and Fusion.

Blades should be changed at least weekly, more often if skin irritation persists.

Shaving creams and soaps are important in the treatment of this condition, as a good lather will minimise the friction associated with shaving and reduce the likelihood of ingrown hairs and skin irritation.

Shaving foams and gels as previously stated are simply not up to the job and perform badly compared to quality shaving creams and soaps.

To avoid the problems associated with shaving, it is important that the proper technique be followed for shaving.

A shaving cream or soap should be used prior to shaving, to lubricate and moisten the skin and facilitate a close yet comfortable and pleasurable shave. Needless to say, the equipment used for shaving should always be clean and blades should be changed regularly.

Avoid using a dull shaving blade as it can leave your skin red and blotchy.

What Relief is Available?

To achieve relief from these problems first check that the skin appears to be free from infection – angry red areas or spots are symptoms – if present, treat with an antiseptic solution or cream.

What Treatments are Available?

Treatment of tough cases of PFB often requires prescription only remedies.

Vitamin A related products such as Retin A (tretinoin) or Differin (adapalene) may be prescribed in some cases and work by helping exfoliate skin both on the surface and around the follicles.

[Skin Food](#) and [Aloe Clear](#) is also helpful for many PFB sufferers.

For most people, these over the counter products provide sufficient control of shaving related problems. For tough or treatment resistant shaving problems, it is always best to consult personally with a dermatologist.

Help, I've cut myself!

In the unfortunate event of 'nicking' yourself while shaving, apply a [styptic pencil](#) with its vessel constricting astringent properties to curb any minor bleeding.

Another highly recommended remedy is the fantastic alum block. You simply wet the block and rub it over your chin and neck. The alum block is a mild antiseptic;

it reduces razor burn, stops minor bleeds and kills surface bacteria on the skin.

Now you have all the information you need and with good quality tools and products and a clean sharp blade you can enjoy the benefits of a perfect shave every day that leaves you looking and feeling great.

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www.executive-shaving.co.uk

If you would like more information on anything in this guide you can contact us via e-mail at: info@executive-shaving.co.uk



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