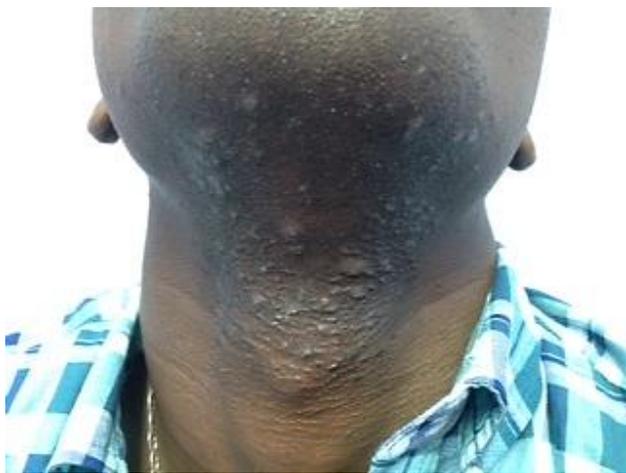


Razor Bumps and Keloids from shaving



Often people associate razor bumps with men shaving. In practice, razor bumps can occur in any area that is shaved, whether you are male or female! So razor bumps can appear on the scalp ("neck back"), chin, bearded area, underarm, legs and even the pubic area!

Normally hair resides and grows within the hair follicle. The hair when shaved incorrectly can cause hair to grow inward or sideways thru the hair follicle. This action causes the tip of the hair to pierce the surrounding skin giving rise to inflammation (redness) and intense itching of the affected area. The intense itching invokes scratching. The broken skin allows bacteria to enter the hair follicle which further worsens the inflammation giving rise to pus (pimples), pain and even fever! In dark skin persons, the inflammation causes the melanocytes (pigment factory) to produce hyper pigmentation (dark spots) making the area unsightly and socially embarrassing. In certain ethnicities, (eg. Blacks and Asians), the body's attempt to heal sometimes gives rise to fleshy, hard, bump-like raised scars called keloids - **Folliculitis Keloidalis**.

MANAGEMENT

- **Prevention is better than cure!** Keloids caused by razor bumps are difficult to treat and can be permanent!
- Always use a clean razor with sharp blades to shave.
- To improve the gliding ability of the razor you can create a shaving foam by using the **ariSponge** with **ariBriteTone bar** to shave.
- Use **ariBumpGone solution** after shaving to kill any bacteria that may infect the skin.
- Apply **ariBumpGone antiseptic balm** daily to the shaved area. Its highly effective exfoliating properties fade dark spots leaving behind a smooth and more even skin tone. By soothing the inflammation that accompanies shaving, this moisturizing balm reduces bumps that could lead to keloid formation!
- If hair grows inward or sideways, lift the hair out with a sterile needle and clip the hair close to the skin. **DO NOT PULL OUT THE HAIR!** Pulling the hair out only provides temporary relief. In people with curly hair, the new hair growth will pierce the surface of the skin repeating the vicious cycle!
- If the area is **irritated, painful** and associated with **pus-filled hair follicles** with or without fever, **see a doctor immediately**.
- Keloids can be socially embarrassing, as well as physically and emotionally scarring. They can be treated successfully if caught early. Consult a doctor/dermatologist before they become too large and permanent.
- If this condition recurs often, then laser hair removal is the treatment of choice. The energy from laser causes an "explosion" of the hair root preventing new hair growth.



ALL PRODUCTS MENTIONED ARE IN THE ARIBUMPgone 3 STEP SHAVING SYSTEM!