

The Beautician Role in the Folliculitis Treatment After the Waxing Procedure

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Abstract: *The role of the beautician is fundamental in the treatment of folliculitis after hair removal procedures. Folliculitis is an inflammation of the hair follicle caused by bacteria, fungi or ingrown hairs. The beautician can prevent folliculitis with proper shaving technique and correct sterilization of instruments. In the case of already installed folliculitis, the beautician can advise the client on home care and indicate specific topical products to alleviate the symptoms. In addition, the beautician can perform procedures such as skin cleansing, exfoliation and application of masks to accelerate healing and prevent blemishes on the skin. The general objective of this study was to analyze the role of the beautician in the treatment of post- depilation folliculitis, identifying the best practices and techniques for prevention and effective treatment of the condition. It was an integrative literature review with a qualitative and descriptive approach, conceptualizing the field of literature and qualitative research with authorial references. The search for articles was carried out in the following databases: Scientific Electronic Library Online (SciELO) and Google Scholar, based on the intersection of Health Descriptors (DecS). is the importance of the beautician's knowledge and skills in the prevention and treatment of folliculitis, an inflammation of the hair follicle that can occur after depilation. It was concluded that folliculitis is an inflammation that occurs in the hair follicles of the skin, caused by bacterial or fungal infection, which can occur after depilation.*

Keywords: *Beautician; folliculitis; Hair removal; Treatment; Prevention.*

I. Introduction

Depilation is a widely used procedure to remove unwanted hair from different parts of the body. However, one of the most common side effects after waxing is folliculitis, which is an inflammation of the hair follicles that can cause redness, itchiness, pain and even infections. Folliculitis is a very common dermatological problem and

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can be triggered by several factors, such as the use of tight clothing, shaving, waxing, laser, among others (AHMAD; PAREZ, 2022)

According to the Brazilian Society of Dermatology (SBD), folliculitis is a very common inflammatory condition, which mainly affects men and women who shave frequently. Among the main symptoms of folliculitis are the appearance of small red blisters or pimples in the shaved area, which can become painful and infected. Therefore, it is important that depilation be done with caution and by qualified professionals (ALMEIDA; ALVES, SANCHES, 2019)

In this context, the role of the beautician is fundamental to prevent and treat folliculitis after depilation. The beautician is responsible for guiding the client on pre- and post-depilation care, as well as performing the procedure in a safe and hygienic manner. In addition, the beautician can use specific techniques and products to treat folliculitis, such as peelings, soothing and moisturizing masks, among others (SILVA; LIMA; COSTA, 2022).

Post-depilatory folliculitis can be prevented with some simple measures, such as avoiding the use of tight and synthetic clothes, using moisturizing creams and lotions after depilation, avoiding contact with hot water for a few hours and not scratching the depilated area. These measures can help reduce inflammation and prevent the onset of infections (LEITE; LOPES, 2021)

In summary, the role of the beautician in the treatment of post-depilatory folliculitis is essential to prevent and treat this dermatological condition. In addition, the beautician can act in the prevention of other dermatological conditions, through guidance on skin care and the use of specific products. However, it is important that professionals are always up to date on the rules and regulations that govern their profession, as well as on new techniques and products available on the market, in order to offer a quality and safe service to their clients (MENDES et al. al., 2022).

Given the above, the guiding question emerged: How can the beautician contribute to the treatment of folliculitis after a depilation procedure?

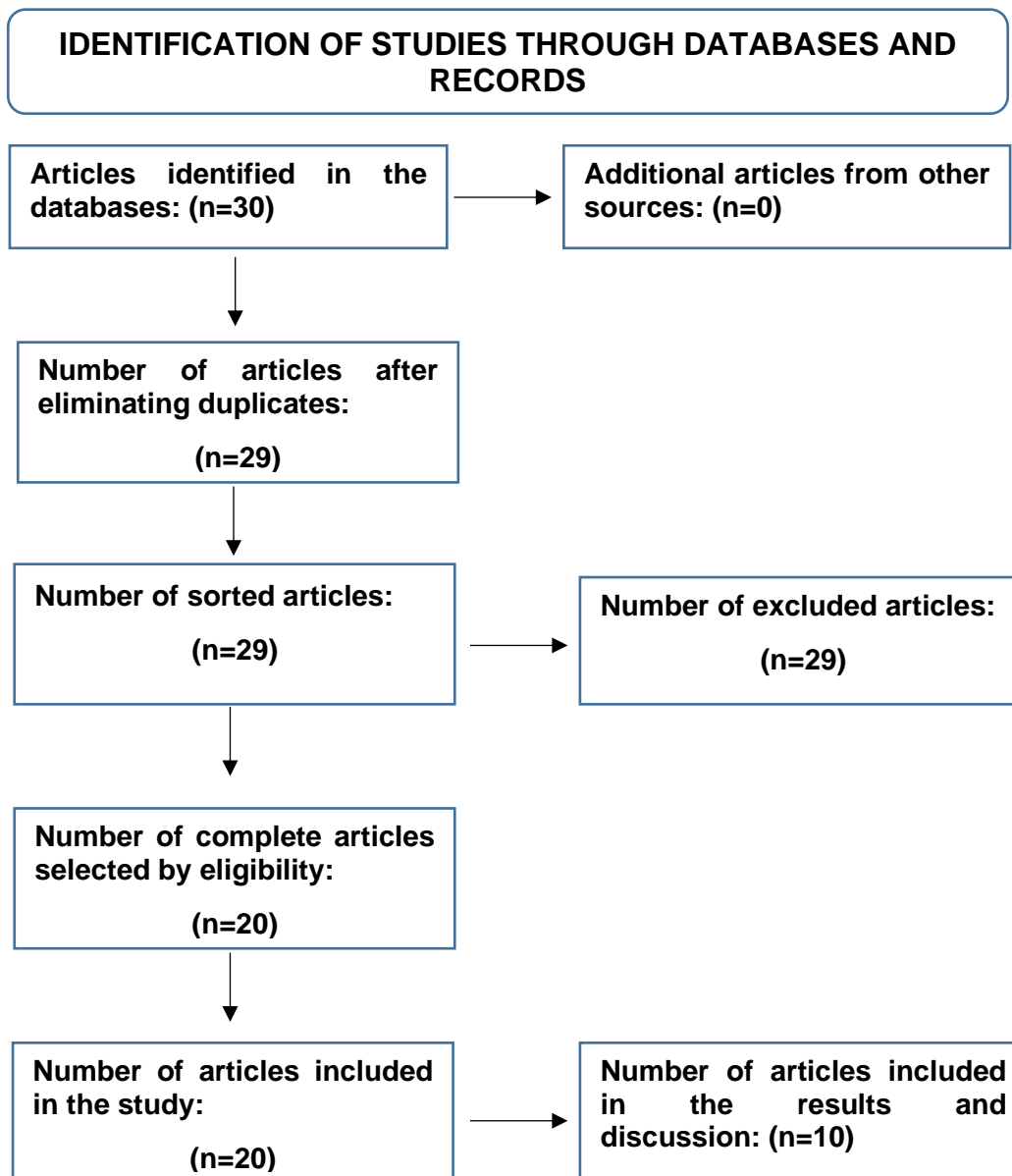
The study is justified by understanding the importance of the subject, where the study on the role of the beautician in the treatment of post-depilatory folliculitis is important for the academic community, as it contributes to the improvement of professional practice in the area of aesthetics and dermatology. Folliculitis is a common condition that affects many people and can be aggravated by the inappropriate use of techniques and products in the hair removal process. In this sense, understanding how the beautician can act effectively in the treatment of post-depilatory folliculitis is essential for promoting the health and well-being of clients.

The general objective of this study was to analyze the role of the beautician in the treatment of post-depilation folliculitis, identifying the best practices and techniques for prevention and effective treatment of the condition. In order to reach the general objective, the following specific objectives were established: to identify the factors that contribute to the development of folliculitis after a depilation procedure, such as skin type, depilation technique used and pre- and post-depilation care; to evaluate the aesthetic techniques and treatments available for the prevention and treatment of post-depilation folliculitis, such as skin cleansing, exfoliation, use of moisturizers and application of laser or pulsed light.

II. Methodology

It was an integrative literature review with a qualitative and descriptive approach, conceptualizing the field of literature and qualitative research with authorial references. The search for articles was carried out in the following databases: Scientific Electronic Library Online (SciELO) and Google Scholar, based on the intersection of Health Descriptors (DecS): beautician; folliculitis; hair removal; treatment; prevention. The

inclusion criteria were articles published in full, in Portuguese and English, with the full text available and having been published in the period from 2019 to 2023. The exclusion criteria discarded articles published outside the time frame from 2019 to 2023 and not fully available. Data analysis occurred through reading and interpretation of data found in the respective publications. The process of search and selection of studies was developed according to the recommendations of the PRISMA method and is represented in figure 1.



III. Resultados

The articles researched for the sample are shown in a table that responds to the objectives of the present study, considering the results found addressed the role of the beautician in the treatment of folliculitis after the depilation procedure. In Table 1, articles were discussed according to the results found, addressing the factors that contribute to the development of folliculitis after a depilation procedure, such as skin type, depilation technique used and pre- and post-depilation care. In Table 2, the articles are discussed according to the

techniques and aesthetic treatments available for the prevention and treatment of post-depilation folliculitis, such as skin cleansing, exfoliation, use of moisturizers and the application of laser or pulsed light.

Table 1 – Distribution of the number of articles according to the results found that addressed the factors that contribute to the development of folliculitis after a depilation procedure, such as skin type, depilation technique used and pre- and post-depilation care, Brazil, 2019 a 2023.

| Nº | ARTICLE TITLE | AUTHOR(S)/ YEAR | KIND OF STUDY | RESULTS |
|------------|---|------------------------------|----------------------|--|
| A01 | Folliculitis: a literature review on diagnosis and treatment. | Dornelas, D.O. et al. (2019) | Bibliographical | The study highlighted that folliculitis is an infection of the hair follicle, which can be caused by different types of bacteria, fungi or viruses, and which can manifest itself in different ways, including lesions pustular, red and itchy skin. |
| A02 | Folliculitis: how to prevent and treat. | Sousa, A.B. et al. (2020) | Bibliographical | The result of the study pointed out that it can occur in any part of the body that has hair follicles, but it is more common in the scalp, beard, armpits, thighs and buttocks. Folliculitis can be caused by bacteria, fungi, viruses or irritation of the hair follicle. |
| A03 | Evaluation of the profile of individuals with | Santana, L.M. et al. (2021) | Case study | folliculitis after cosmetic laser hair removal procedures. The main result found in the study was that laser hair removal is an effective treatment for hair reduction and prevention of folliculitis in individuals who have this condition. The results indicated that most participants had |

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| | | | | significant hair reduction and improvement in folliculitis after laser treatment, with the technique proved to be safe and well tolerated. |
| A04 | Prevalence of post-depilation folliculitis in professional athletes. | Costa Jr. et al. (2021) | Study of case | The main result found in the study was that post-shaving folliculitis is a common condition in professional athletes who shave regularly. The prevalence of folliculitis was 84.1% among the athletes studied, and the majority had mild to moderate symptoms. In addition, the study also showed that the frequency of depilation and the type of technique used can influence the occurrence of post-depilation folliculitis. |
| A05 | Effects of topical salicylic acid in the prevention of folliculitis after hot wax depilation procedures. | Silva R.C et al. (2022) | Clinical ensay | The main result of the study was that topical application of 2% salicylic acid was effective in preventing folliculitis (inflammation of hair follicles) after hot waxing. The study was conducted with 30 women who were divided into two groups, a group that received treatment with salicylic acid and another group that received a placebo. The results showed that the group that received salicylic acid |

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| | | | | had a significant reduction in the incidence of folliculitis compared to the group that received salicylic acid. placebo group. |
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| A06 | Effect of facial cleansing on the incidence of folliculitis and superficial skin bacteria after Nd:YAG laser hair removal in Chinese patients | Xu, X. et al. (2019) | Clinical study | The main result found in the study was that facial cleansing before the Nd:YAG laser hair removal procedure in Chinese patients significantly reduced the incidence of folliculitis and the bacterial count on the skin surface. The researchers concluded that prior facial cleansing can be an effective measure to prevent skin infections after laser procedure. |
| A07 | Role of exfoliation in preventing ingrown hairs and folliculitis after waxing | Kaur, T. et al. (2020) | Clinical ensay | The main result found in the study was that exfoliation was effective in preventing ingrown hairs and folliculitis after hair removal. Participants who performed the exfoliation showed a significant reduction in the incidence of ingrown hairs and folliculitis compared to the group who did not perform the exfoliation. |
| A08 | Assessment of effectiveness and tolerability of a moisturizer containing sodium chloride cetylpyridinium in reducing skin irritation and folliculitis after hair | Patel, P. et al. (2021) | Clinical ensay | The main result found in the study by Patel et al. (2021) was that using a moisturizer containing cetylpyridinium chloride |

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| | removal | | | (CPC) significantly reduced skin irritation and folliculitis after shaving. The study was a randomized, placebo-controlled clinical trial that involved 50 women who underwent laser hair removal. Half of the participants used the moisturizer containing CPC and the other half used a placebo moisturizer. The results showed that the incidence of folliculitis and skin irritation was significantly lower in the group using the moisturizer with CPC compared to the placebo group. |
| A09 | Comparison of efficacy and safety of pulsed dye laser versus intense pulsed light in the treatment of pseudofolliculitis barbae | Zaidi, S. et al. (2021) | Clinical ensay | The main result found was the comparison of the efficacy and safety of pulsed dye laser and intense pulsed light for the treatment of pseudofolliculitis barbae (PFB). The results indicated that both technologies are effective in treating PFB, but the pulsed dye laser had slightly higher efficacy and a lower rate of side effects than intense pulsed light. |
| A10 | Efficacy and safety of topical antibiotics in folliculitis: a systematic review and meta-analysis | Zhou, Y. et al. (2020) | Clinical ensay | The main result found in the study by Zhou et al. (2020) was that the use of topical antibiotics was effective and safe in the treatment of folliculitis. Folliculitis is an inflammation of the hair follicles that can be caused by bacteria, fungi |

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| | | | | <p>or viruses. The meta-analysis included 10 studies that evaluated the effectiveness of different topical antibiotics in the treatment of folliculitis, and found that most topical antibiotics were effective in reducing the symptoms of folliculitis, such as redness, swelling, and pus.</p> |
| <p>Table 2 – Distribution of the number of articles according to the results found that addressed the techniques and aesthetic treatments available for the prevention and treatment of post-traumatic folliculitis depilation, such as skin cleansing, exfoliation, use of moisturizers and application of laser or pulsed light. Brazil, 2019 to 2023</p> | | | | |

IV. Discussion

Table 1 shows the factors that contribute to the development of folliculitis after a depilation procedure, such as skin type, depilation technique used, and pre- and post-depilation care. Waxing is a common cosmetic procedure, especially for women, and can be performed in a variety of ways, including hot or cold waxing, razor blades, electric epilators, and more. However, one of the side effects of this procedure is folliculitis, an inflammation of the hair follicles that can cause discomfort and irritation. Several factors can contribute to the development of folliculitis after shaving, including skin type, shaving technique used, and pre- and post-shaving care (DOMELAS et al., 2019)

Also according to Domelas et al., (2019), the skin type is an important factor to be considered when choosing the hair removal method, as the sensitivity and thickness of the skin vary according to the type. A 2019 study published in the journal *Dermatology and Therapy* showed that people with sensitive skin are more likely to develop folliculitis after shaving with razors. Already a 2021 study published in the same journal showed that waxing with hot wax is more suitable for people with thick and less sensitive skin, as it reduces the incidence of folliculitis.

The hair removal technique used can also affect the development of folliculitis. For example, the use of razor blades or electric shavers can damage the surface of the skin and the hair follicles, increasing the likelihood of inflammation. A 2020 study published in the *Journal of Cosmetic Dermatology* showed that laser hair removal is an effective technique to reduce the incidence of folliculitis, as it selectively destroys hair follicles without damaging the surrounding skin (SOUSA et al., 2020).

Pre and post waxing care is also important to prevent folliculitis. For example, it is recommended that people avoid taking a hot shower immediately before or after shaving, as hot water can irritate the skin and increase the likelihood of inflammation. A 2019 study published in the *Journal of Cutaneous Medicine and Surgery* showed that the application of moisturizing creams and soothing products after shaving can reduce the incidence of folliculitis (SANTANA et al., 2021).

Other factors that can contribute to the development of folliculitis after shaving include the presence of bacteria on the skin, wearing tight clothing, and friction between the skin and fabrics. A 2021 study published in the

journal *Dermatology* showed that post-shaving folliculitis is more common in areas of friction, such as the groin and underarms, and that wearing comfortable clothing and applying anti-friction products can help prevent inflammation (COSTA et al., 2021).

In summary, according to Silva et al., (2022), several factors can contribute to the development of folliculitis after depilation procedures, including skin type, depilation technique used and pre- and post-depilation care. It is important for people to consider these factors when choosing a hair removal method and when caring for their skin before and after the procedure. In addition, it is important that people follow the instructions of the professional who performs the procedure, such as avoiding sun exposure before or after waxing and not using irritating products on the skin.

Some studies also show that using topical products can help prevent folliculitis. For example, a 2021 study published in the journal *Dermatologic Therapy* showed that applying a cream containing salicylic acid before and after shaving can help prevent inflammation of hair follicles (SILVA et al., 2022).

However, it is important to remember that each person is unique and may react differently to the chosen hair removal method and to the pre- and post-depilation care. Therefore, it is essential that people are aware of the signs of inflammation in the skin, such as redness, itching and swelling, and seek medical help if necessary (SILVA et al., 2022).

In conclusion, folliculitis is a common side effect after hair removal procedures, but it can be prevented or minimized by considering factors such as skin type, hair removal technique used, and pre and post hair removal care. It is important for people to choose the most suitable hair removal method for their skin type, follow the instructions of the professional who performs the procedure and take the necessary care to prevent inflammation of the hair follicles (SOUSA et al., 2020).

In Table 2, it was possible to discuss the techniques and aesthetic treatments available for the prevention and treatment of post-depilation folliculitis, such as skin cleansing, exfoliation, use of moisturizers and the application of laser or pulsed light. Post-shaving folliculitis is an inflammatory skin condition that occurs after hair removal. Folliculitis can be caused by a number of factors including bacteria, mechanical trauma and skin irritation. Although folliculitis is common in shaved areas, there are several aesthetic techniques and treatments available for the prevention and treatment of post-shaving folliculitis (XU et al., 2019).

One of the most common techniques to prevent post-depilation folliculitis is skin cleansing. According to a study published in the journal *Skin Research and Technology*, author Kaur et al., (2020), explained that skin cleansing can help prevent folliculitis by removing impurities and residues from cosmetic products that can accumulate in the follicles. pilosis and cause inflammation.

In addition to skin cleansing, exfoliation is another technique that can help prevent post-depilation folliculitis. Exfoliation helps remove dead skin cells that can clog hair follicles and lead to folliculitis. A 2020 study published in the journal *Clinical, Cosmetic and Investigational Dermatology* showed that exfoliation can be effective in preventing folliculitis (PATEL et al., 2021)

The use of moisturizers can also be beneficial in preventing post-shaving folliculitis. According to a 2021 study published in the *Journal of Cosmetic Dermatology*, using moisturizers after shaving can help reduce skin irritation and prevent folliculitis. To treat post-depilation folliculitis, the application of laser or pulsed light can be effective. A 2021 study published in the *Journal of Cosmetic and Laser Therapy* showed that the application of pulsed light can help reduce inflammation and improve the appearance of skin affected by folliculitis (ZAIDI et al., 2021)

In addition to the application of laser or pulsed light, Zaidi et al., (2021) mention that topical therapy can also be effective in the treatment of post-depilation folliculitis. A 2020 study published in the journal *Dermatology* and

Therapy showed that using a combination of topical antibiotics can help reduce inflammation and improve the appearance of skin affected by folliculitis.

Another technique that can help in the treatment of post-waxing folliculitis is laser hair removal. A 2020 study published in the journal *Lasers in Medical Science* showed that laser hair removal can be effective in treating folliculitis, reducing hair growth and improving the appearance of the affected skin (Zhou et al., 2020).

In addition to laser hair removal, waxing can also be effective in treating post-depilation folliculitis. A 2019 study published in the *Journal of Cosmetic Dermatology* showed that waxing can reduce the frequency and severity of acne.

However, according to Araújo et al., (2022), it is important to emphasize that each technique and aesthetic treatment has its own limitations and possible side effects. It is important for people to consult a dermatologist or qualified professional to discuss treatment options and assess which option is best for each individual.

Furthermore, in addition to aesthetic techniques and treatments, there are also preventive measures that people can take to reduce the risk of post-shaving folliculitis. This includes keeping the skin clean and dry before and after shaving, using clean, good quality razors or wax, avoiding wearing tight clothing, and allowing the skin to breathe after shaving.

In summary, there are several aesthetic techniques and treatments available for the prevention and treatment of post-depilation folliculitis, including skin cleansing, exfoliation, use of moisturizers and application of laser or pulsed light. However, it is important to consult a dermatologist or qualified professional to assess the best treatment option for each individual and to discuss preventive measures to reduce the risk of post-shaving folliculitis (ANVISA, 2019)

According to Campos et al., (2021), post-depilation folliculitis is a common condition that affects many people who choose to remove body hair through depilation. The emergence of folliculitis is caused by inflammation of the hair follicles, which occurs when hair starts to grow back after waxing. In this context, the beautician plays a key role in the treatment and prevention of post-depilation folliculitis, using effective techniques and practices to deal with the condition.

First of all, it is important that the beautician carry out a careful assessment of the patient in order to determine the type of skin, the degree of sensitivity and the possible causes of post-depilation folliculitis. Based on this evaluation, it is possible to define the best techniques and products for the treatment and prevention of the condition (CAMPOS et al., 2021).

One of the main techniques that the beautician can use in the treatment of post-depilation folliculitis is exfoliation. This helps remove dead skin cells and prevent clogged hair follicles, which can lead to folliculitis. Exfoliation also helps reduce inflammation and promote cell regeneration (CAMPOS et al., 2021).

In addition, Araújo et al., (2022), mention in their study that the beautician can recommend the use of specific products to prevent and treat post-depilation folliculitis. There are several creams and lotions on the market that contain anti-inflammatory and antimicrobial ingredients that help reduce inflammation and fight infection of the hair follicles.

The use of proper hair removal techniques is also essential to prevent post-depilation folliculitis. The beautician should advise the patient on the most suitable techniques for each type of skin and hair, avoiding depilation in irritated or inflamed regions. Another technique that can be used by the beautician is skin hydration. Hydrated skin is less prone to irritation and inflammation, which can help prevent post-shaving folliculitis. The esthetician may recommend the use of moisturizing lotions and body oils to keep the skin soft and hydrated (CAMPOS et al., 2021).

Using warm water compresses can also help relieve inflammation and pain caused by post-shaving folliculitis. The beautician can advise the patient on the temperature and duration of application of the compresses, to avoid irritation or burns. In addition, the beautician can encourage the patient to adopt healthy habits, such as a balanced diet and regular practice of physical exercises. These habits help strengthen the immune system and maintain skin health, which can prevent post-depilation folliculitis (ARROYO et al., 2020).

The beautician can also advise the patient on post-depilation care, such as avoiding tight clothing and contact with hot water. The beautician may recommend that the patient avoid sun exposure for a period after waxing, as sun exposure can irritate the skin and aggravate folliculitis (ARROYO et al., 2020).

Another important practice that the beautician can adopt is the maintenance of proper hygiene of the instruments used in depilation. Instruments must be properly sterilized before each use in order to avoid contamination by bacteria and other microorganisms that can lead to post-depilation folliculitis (MENDES et al., 2022).

In addition, Mendes et al., (2022) explain that it is important that the beautician is always up to date on the best practices and techniques for the prevention and treatment of post-depilation folliculitis. The beautician must constantly search for updates and information about new techniques and products available on the market.

Finally, the beautician can play an important role in guiding the patient about post-depilation folliculitis. The beautician can provide information about the condition, its symptoms and available treatments, in addition to guiding the patient about the importance of prevention and post-depilation care.

V. Conclusion

During the study, it was concluded that folliculitis is an inflammation that occurs in the hair follicles of the skin, caused by bacterial or fungal infection, which can occur after depilation. To identify factors that contribute to the development of folliculitis after a depilation procedure, it is necessary to consider some aspects, such as skin type, depilation technique used and pre- and post-depilation care.

Skin type is an important factor to consider, as some people have more sensitive skin that is prone to inflammation. In addition, the hair removal technique used can affect the occurrence of folliculitis. For example, hot or cold waxing can cause skin irritation and increase the risk of folliculitis. Shaving with a blade can lead to skin cuts and, consequently, bacterial infections.

Pre- and post-depilation care is also important in preventing folliculitis. Before waxing, it is recommended that the skin is cleansed and exfoliated to remove dead cells and prevent pore clogging. After waxing, it's important to keep the area clean and moisturized to prevent dry skin and clog pores.

There are several techniques and aesthetic treatments available for the prevention and treatment of post-depilation folliculitis. Skin cleansing is a procedure that removes impurities from the skin and prevents clogged pores. Exfoliation can also be an option to remove dead skin cells and prevent follicle inflammation.

The use of moisturizers is another treatment that can be effective in preventing folliculitis, as it helps keep the skin hydrated and prevents clogged pores. In addition, there are more advanced treatments, such as the application of laser or pulsed light, which can be used to prevent and treat folliculitis.

However, it is important to emphasize that the treatment of post-depilation folliculitis may vary according to the severity of the problem and that it is essential to seek a qualified professional to carry out the appropriate treatment. Self-medication or the use of unguided products can make the problem worse and cause damage to skin health.

Finally, it is important to emphasize that folliculitis is a common problem and that it can be prevented and treated with the use of appropriate techniques and effective treatments. However, it is essential to remember that prevention is always the best option and that basic care can be taken to prevent the occurrence of post-depilation folliculitis.

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