

## Pubic hair removal

Removal of pubic hair has become an increasingly common practice for aesthetic reasons.

Pubic hair is not unhygienic. It does serve a physiologic purpose. Pubic hair lessens friction during sex, prevents the transmission of bacteria and other pathogens, and increases sexual arousal.

Some people prefer to let it grow, while others choose to remove it. If you choose to remove it, it's important to do so safely.

There are potential injury and complications with hair removal such as:

- skin infections
- skin inflammation, irritation and itching,
- cuts,
- burns,
- May increase risk and spread of some sexually transmitted viruses: molluscum contagiosum, genital warts, herpes

### Summary of pros and cons of various hair removal methods

Hair removal method	Pros	Cons	Comments
Razor	Inexpensive	May cause irritation, folliculitis, spread of infection (warts, herpes, molluscum)	Use safety razor
Electric razor	Less irritating than razor blade		
Trimming	Least irritating		Use safety scissors
Waxing	Smooth result	Painful Can cause burns Can cause folliculitis May cause spread of infection (molluscum/warts)	Assess hygienic practices of salon Infections can occur with inadequate cleaning of tools  Be careful to test temperature when waxing at home
Laser hair removal or electrolysis	Can result in permanent hair reduction	Expensive and time consuming Multiple treatments needed May cause scarring and pigmentary changes	

### **Tips for safer shaving**

Don't shave too often. No more than once/week.

Trim pubic hair first with an electric clipper or safety scissors

Soak in warm bath beforehand

Use fragrance-free shaving cream or gel (never dry shave)

Use fresh blade each time.

Shave with the direction of the hair

Rinse dry, pat gently.

Moisturize with fragrance-free moisturizing lotion or cream.

Seek medical care if skin becomes too irritating or if you develop a rash, sores or pus bumps.