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# How To Safely Get Rid Of Deep Ingrown Hair On The Legs Or Pubic Area, Per Dermatologists

Hellooooo, smooth skin.

BY [ADDISON ALOIAN](#) OCT 31, 2022



WOMEN'S HEALTH

Ah, [ingrown hairs](#). Most everyone has experienced them and despised it. The pesky little bumps typically show up on your legs after you [shave](#) or tweeze aggressively, forming hairs that grow *inside* your (now inflamed) skin rather than out of it. “When a hair becomes trapped in the skin, that can lead to inflammation, pustules, or inflamed cysts,” says dermatologist [Dr. Caroline Robinson, MD](#).

But, there are safe ways to prevent and treat those pesky ingrown hairs, whether they're on your pubic area, face, or legs. Below, dermatologists explain those at-home methods.

## Are there different types of ingrown hairs?

When it comes to the different types of ingrown hairs, the size of them makes a huge difference. “Coarser hairs create more inflammation and can become infected. That's called a furuncle,” says dermatologist [Dr. Ellen Marmur, MD](#). “The most severe is when a cluster of infected ingrown hairs connect under the skin, which is called a carbuncle.”

*Peep a few of the best products to prevent and treat ingrown hairs, below:*

### BEST EXFOLIATING CLEANSER

#### Skin Smoothing Exfoliant

Gillette Venus

**\$17 AT AMAZON**

[Read More](#)

**\$17 AT AMAZON**

**2**

**BEST EXFOLIATING PADS**

**Ingrown Hair Pads**

First Aid Beauty

**\$20 AT AMAZON**

**\$20 AT AMAZON**

[Read More](#)

**3**

**BEST SERUM**

**Ingrown Concentrate**

Fur

**\$32 AT AMAZON**

**\$32 AT AMAZON**

[Read More](#)

**4**

**MOST AFFORDABLE SERUM**

**Daily Soothing Serum**

Gillette Venus

**\$14 AT AMAZON**

**\$14 AT AMAZON**

[Read More](#)

**5**

**BEST FOR THE SCALP AND FACE**

**Daily Rescue Facial Spray**

Tower 28 Beauty

**\$12 AT SEPHORA**

**\$12 AT SEPHORA**

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## Are some people more prone to ingrown hairs than others?

Yes, some hair types are more prone to getting ingrown hair than others. According to dermatologist [Dr. Ranella Hirsch, MD](#), hair that is curly or coarse is more susceptible because it'll grow backwards and in different directions.

### Meet the experts:

[Caroline Robinson](#), MD, is a dermatologist and the founder of [Tone Dermatology](#).  
[Ellen Marmur](#), MD, is a Board Certified Dermatologist and founder of [MMSkincare](#).  
[Ranella Hirsch](#), MD, is a dermatologist in Cambridge, Massachusetts.

## How do you prevent an ingrown hair?

To act preventatively, make sure you're shaving in a way that's safe. First start by cleaning your skin with warm water and a good exfoliant to loosen your hair follicles beforehand. Then, use a fresh blade and [shave](#) in the direction of the hair growth, says Dr. Marmur.

## How do you treat an ingrown hair?

Sometimes, you may still get an ingrown hair no matter how safe you're being, and you can self-treat it with dermatologist-recommended products below.

Of course, if the bumps aren't going away on their own, are becoming painful, or look like they're getting infected, it might be time to see your dermatologist about how to treat them to reduce the swelling. And if you find yourself getting desperate (hey, all of us have been there), be sure not to pop or pluck the hair—that's how it can become more infected.

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# I

**BEST EXFOLIATING CLEANSER**

**Gillette Venus**

**Skin Smoothing Exfoliant**

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COURTESY

**\$17 AT AMAZON**

Prepping the skin and hair before shaving is half the battle. According to Dr. Robinson, a good exfoliating cleanser will loosen the hair before you start to remove it, decreasing the chances that hair will become trapped inside the skin. "This cleanser by Gillette Venus gently exfoliates to remove dead skin and oils," she says. It's safe to be used on the pubic area, too.

## 2

### **BEST EXFOLIATING PADS**

**First Aid Beauty**

### **Ingrown Hair Pads**

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COURTESY

**\$20 AT AMAZON****\$50 AT DERMSTORE****\$20 AT ULTA BEAUTY**

Once you're done shaving, Dr. Marmur suggests turning to these [AHA and BHA](#)-infused pads as a second step to help prevent ingrown hairs all over the body (yes, even the pubic area). "The chemical exfoliants in these help get rid of dead skin, which can stop ingrown hairs from initially forming," she says. For best results, she suggests using them daily.

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**3****BEST SERUM****Fur****Ingrown Concentrate**  
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COURTESY

**\$32 AT AMAZON****\$32 AT NORDSTROM****\$32 AT DERMSTORE**

If you're really seeking a full routine, Dr. Marmur recommends applying Fur's luxe Ingrown Concentrate after shaving and using exfoliating pads. Put it on any areas where you're prone to bumps, and it'll help to both prevent and soothe irritation.

"Fur's Concentrate was specifically created for ingrown hairs and contains ingredients such as tea tree oil and coconut oil that nourish and soothe irritation," she says.

## 4

**MOST AFFORDABLE SERUM****Gillette Venus****Daily Soothing Serum**  
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COURTESY

**\$14 AT AMAZON****\$14 AT WALMART****\$20 AT ULTA BEAUTY**

If you really plan on using a serum every day, you may prefer to opt for something more budget-friendly—especially if it's going to be used all over your body. At under \$20, Dr. Robinson recommends Gillette Venus' topical serum post-shower. She likes that it contains [lactic acid](#) and emollients that'll help to reduce itch while also minimizing the risk of getting more ingrown hairs.

## 5

**BEST FOR THE SCALP AND FACE**

Tower 28 Beauty

**Daily Rescue Facial Spray**

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COURTESY

**\$12 AT SEPHORA**

Yes, ingrown hairs can even show up on the scalp and face whether you're shaving there or not. To treat those, Dr. Marmur loves this pH-balancing spray toner by Tower 28. "It helps minimize any irritation from ingrown hairs and soothes sensitive, stressed skin," she says. The water-like consistency won't leave you feeling greasy, either.

ADDISON ALOIAN

Addison Aloian (she/her) is an editorial assistant at Women's Health.

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