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Aerospace Medicine

**MANAGEMENT OF THE
PSEUDOFOLLICULITIS BARBAE (PFB)
PROGRAM**

COMPLIANCE WITH THIS PUBLICATION IS MANDATORY

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This instruction implements AFD 48-1. This publication establishes procedures and responsibilities for ensuring proper and adequate control for the management of the Pseudofolliculitis Barbae Program. This regulation applies to all 18th Wing and associate units.

1. Purpose: The object of this program is to (1) teach individuals with Pseudofolliculitis Barbae to shave using the proper shaving techniques and (2) maintain proper facial hygiene to facilitate control of PFB inflammation.

2. Established Guidelines:

2.1. Definition of Terms. The following items are explained.

2.1.1. Pseudofolliculitis Barbae Primary (PFB) is an inflammatory condition involving facial hairs that curl back, pierce the skin, and become ingrown hairs above the skin surface. The chief cause is hereditary facial hair growth patterns.

2.1.2. (PFB) Secondary is an inflammatory condition involving facial hairs that are shaved too closely and become trapped ingrown hairs below the skin surface. The chief causes are hereditary facial hair growth patterns compounded by improper shaving techniques.

2.1.3. Notification of (PFB) Shaving Requirements letter. A temporary shaving waiver not to exceed 30 days. Used for evaluation of potential PFB condition.

2.1.4. 18 WG Form 29. A temporary shaving waiver, not to exceed 6 months, recommended by the health care provider authorizing the wear of a beard not to exceed 1/4 inch in length. It is used only with severe PFB or during periods of flare up, and after the stubble shave program/other treatments have been unsuccessful.

3. Assigned Responsibilities:

3.1. Director of Base Medical Services (DBMS): Appoints a health care practitioner as OIC to administer the 18th Medical Group's PFB Program.

3.2. Officer-in-Charge (OIC) PFB Clinic:

3.2.1. Administers and monitors the 18th Medical Group's PFB Program and signs all appropriate correspondence. A designated representative will sign correspondence in the absence of the OIC PFB.

3.2.2. Ensures a PFB educational program regarding treatment and administrative procedures are made available to all base personnel.

3.2.3. Monitors progress for personnel with temporary shaving waivers.

3.2.4. Appoints a PFB monitor and alternate. Attends scheduled seminars, training sessions, and ensures newly appointed monitors are briefed on their duties. Questions may be referred to the PFB Clinic.

3.2.5. Ensures that newly assigned medical technicians in the PFB Clinic have been trained in the current techniques and those with past PFB experience have attended a recent refresher training program. Also ensures continuity of training and patient care.

3.2.6. Evaluates those patients not responding to therapy or developing complications.

3.2.7. Provides medical recommendations to squadron commanders. Signs Notification of Pseudofolliculitis Barbae (PFB) Shaving Requirement letter and 18 WG Form 29, as required.

3.3. Medical Technician

3.3.1. The medical technician will evaluate the patient's condition and determine if PFB criteria are met. Questionable cases will be referred to the OIC of the PFB Clinic or a designated representative. Patients meeting the criteria will complete a PFB Questionnaire and be instructed in the various shaving techniques.

3.3.2. Document all evaluations and phases of PFB treatment on a SF Form 600 overprint and place in the patient's Outpatient Treatment Record.

3.3.3. Issue patients a Notification of Pseudofolliculitis Barbae (PFB) Shaving Requirements letter signed by the OIC. This is a temporary waiver not to exceed 30 days. Patient will maintain a neat stubble growth of 1/16 inch or less at all times.

3.3.4. Maintains current listing, by squadron, of all personnel in the PFB program and distributes a quarterly roster to commanders. This tool may be used to assist in the management of unit PFB programs.

3.3.5. At the 14 day follow-up. Evaluate the patient:

3.3.5.1. If patient demonstrates that he can maintain a relatively clean-shaven appearance, a second Notification of Pseudofolliculitis Barbae Shaving Requirement letter's issued to the patient signed by the OIC. The PFB letter should be turned in to the patient's unit notifying them of discharge from medical supervision. The letter will state the shaving method currently used and the expected results.

3.3.5.2. If the follow-up evaluation shows unsatisfactory progress, then the patient's condition

will be reevaluated for extension of additional medical treatment.

3.3.5.3. Upon determination that additional treatment is needed, an 18 WG Form 29, Stubble Growth Card, with an expiration date of not more than 6 months will be issued to the patient signed by the OIC. This card has a control number, must be signed by the OIC of the PFB clinic, Chief of Clinic Services, and the individual's squadron commander.

3.3.5.4. At the 6 month follow-up, the shaving clinic will evaluate the progress, shaving procedures, and techniques used by the patient during the previous months. If the patient's condition is satisfactory, he will be discharged from medical supervision. Failure to progress will require evaluation by a health care provider.

3.4. Patients with PFB will:

3.4.1. Self refer to the PFB clinic, through the Central Appointment Desk. This includes patients who have PCS'd to Kadena that were being treated for PFB or who have a waiver from their previous assignment.

3.4.2. Follow the guidelines to prevent recurrence of PFB.

3.4.3. Follow up with the PFB clinic is required at the termination of 18th Wing Form 29 waiver. To verify PFB status, patient must carry a copy of this letter at all times.

3.4.4. Maintain beard length within stated limits.

4. Form Prescribed: 18th Wing Form 29.

JOHN R. BAKER, Brigadier General, USAF
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