

These Ingrown Hair-Removal Videos Are Bizarrely Mesmerizing

Move over, pimple-popping videos.

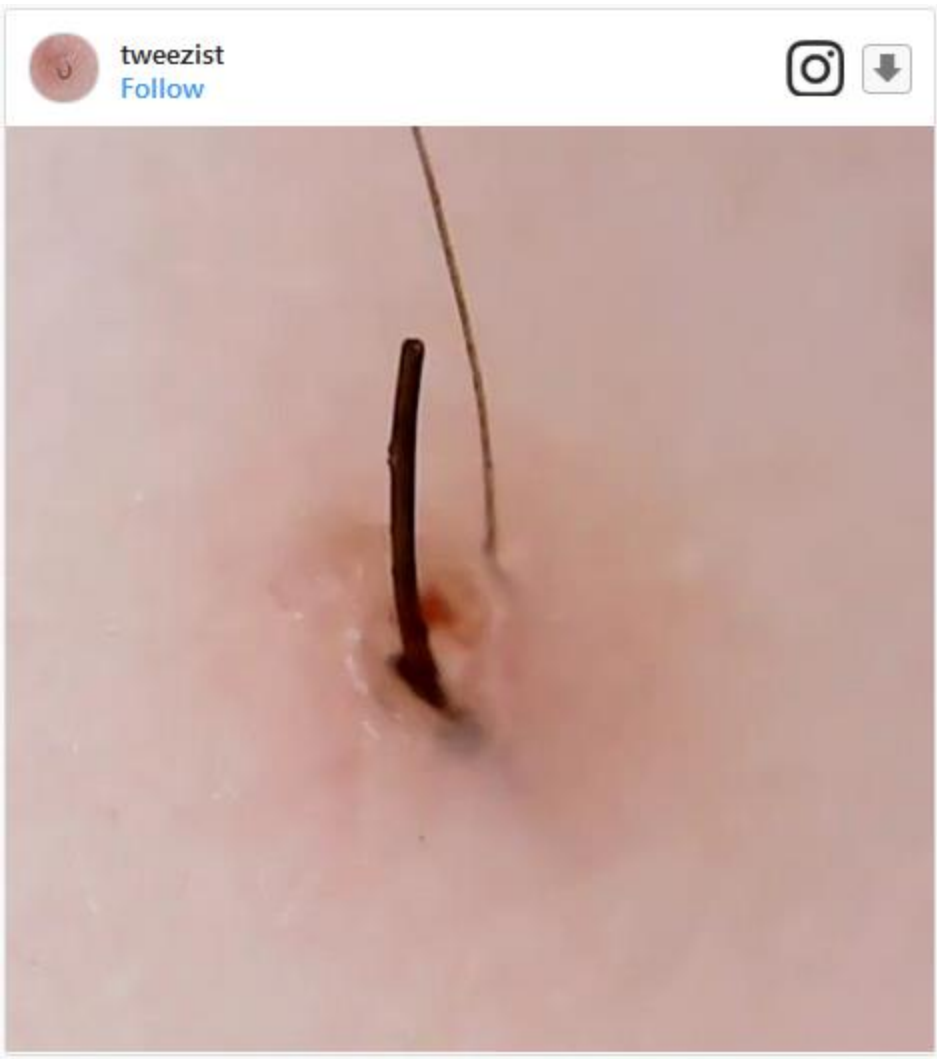
BY KORIN MILLER October 13, 2017



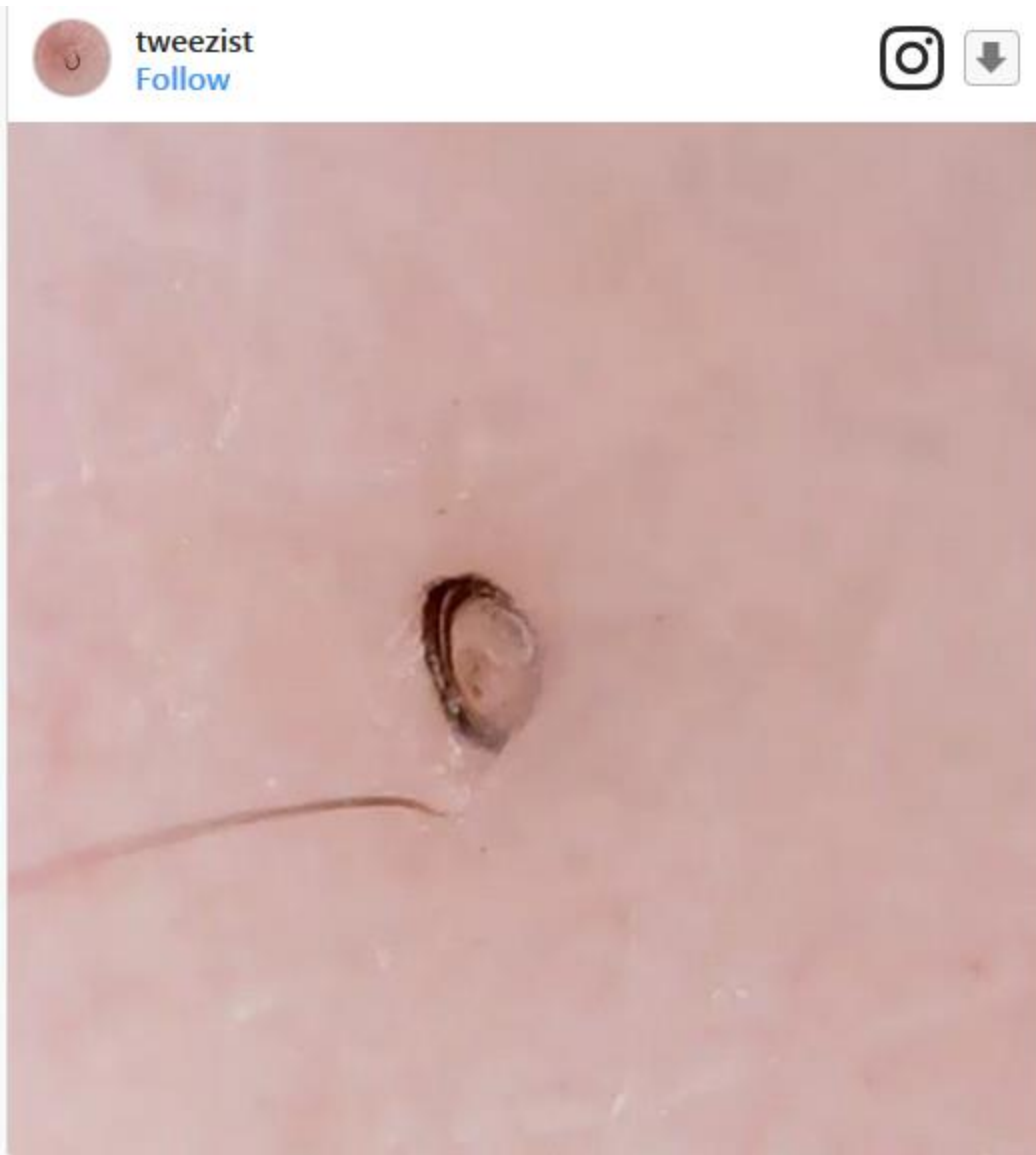
By now you've probably seen more pimple-popping videos than you can count—and you may have even reached a point where you've seen so many of these videos that you're no longer grossed out by them.

Now, there's a new genre of nasty dermatological videos that's gaining steam online: ingrown hair-removal videos. Tweezist is an Instagram account dedicated to ingrown hair-removal vids, and they're oddly mesmerizing. Each video features a close-up of a different ingrown hair and takes viewers on the removal journey. The videos are pretty popular—one has more than 115,000 views.

While the videos are interesting to watch, if you have an ingrown hair, you probably don't want to videotape it—you just want it out ASAP. (Prevent ingrown hairs by exfoliating away dead skin cells with this Sand Red Face & Body Polish from the *Women's Health* Boutique.)



If you have a pesky hair you want gone, Joshua Zeichner, M.D., a New York City-based board-certified dermatologist, says you can tackle it at home. He recommends cleaning your skin and a sewing needle with rubbing alcohol. Then, use the needle to lift up the free edge of the hair from your skin. Apply an antibiotic ointment to the area and let it heal. After it's healed, you can shave the hair, he says.



If you recently noticed that your hair is ingrown or you know it's a new bump, **Gary Goldenberg, M.D.**, assistant clinical professor of dermatology at the Icahn School of Medicine at Mount Sinai, recommends using a warm compress on the area, as well. While it's tempting, don't pluck the hair—that just increases the odds that you'll get another ingrown hair there again, Zeichner says.

If you tried at-home methods and the area is becoming larger, tender, or starts to develop pus, Goldenberg says it's time to see a dermatologist. A doctor can give you a cortisone shot to reduce the inflammation, or if the area is infected, they may give you an oral antibiotic to help clear it up, Zeichner says.

Learn about some of the crazy beauty treatments women have used throughout history:

If you suffer from chronic ingrown hairs, talk to your doctor about laser hair removal. “The laser can permanently destroy the hair follicle and eliminate unwanted hair altogether,” Zeichner says.