Pseudofolliculitis barbae, also known as ingrown hairs or shaving bumps, is a common inflammatory condition of the face and neck caused by shaving in predisposed individuals who have naturally curly hair. This condition is more common in the military due to adherence to military grooming standards and especially prevalent in African American service members. Treatments include specific grooming techniques and topical medications but severe cases warrant restrictions on shaving or laser therapy (https://academic.oup.com/milmed/article/186/1-2/e52/5948064). Treatment of pseudofolliculitis barbae is challenged not only by grooming standards but also evolving readiness requirements and potential stigmata on waivers for shaving (https://academic.oup.com/milmed/advance-article/doi/10.1093/milmed/usab272/6315916). USU Dermatology is engaged in studies to expand and clarify treatment options for this condition.