



DEPARTMENT OF THE NAVY
HEADQUARTERS UNITED STATES MARINE CORPS
3000 MARINE CORPS PENTAGON
WASHINGTON, DC 20350-3000

MCO 6310.1C

MP

OCT 9 2012

MARINE CORPS ORDER 6310.1C

From: Commandant of the Marine Corps
To: Distribution List

Subj: PSEUDOFOLLICULITIS BARBAE

Ref: (a) MCO P1020.34G
(b) MCO P1900.16F

Encl: (1) Pseudofolliculitis Barbae Treatment Protocol
(2) Pseudofolliculitis Barbae (PFB) Shaving
Waiver/Evaluation/Disposition NAVMC 11830 (03-12) (EF)

1. Situation. To update policy and administrative guidance for commanders, medical providers, and Marines in the management and disposition of Marines diagnosed with Pseudofolliculitis Barbae (PFB).

2. Cancellation. MCO 6310.1B and NAVMC DIR 6310.1.

3. Mission. Grooming standards play a vital role in the promotion of good order and discipline. While beards are not normally authorized, commanders may allow facial hair, per reference (a), when a medical officer has determined that shaving is temporarily harmful to the Marine's health. PFB, also known as shaving or razor bumps, is a chronic skin condition caused by shaving. By following the protocol contained in enclosure (1), PFB can often be managed to minimize its effects and allow shaving in compliance with grooming standards. Commanders should be aware that the condition can recur even after successful initial treatment when mission factors prevent strict adherence to PFB maintenance care. In this situation, the Marine may require additional treatment to include laser treatment. Enclosure (1) describes the treatment protocols and the time periods medical will recommend to the command that the Marine be excused from shaving. For those cases where a permanent "no shave" status is recommended by a medical officer, reference (b) describes administrative actions that may be considered. Permanent variance from the established grooming standards for any reason, including medical, will not normally be accepted.

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4. Execution

a. Commander's Intent and Concept of Operations

(1) Commander's Intent. To ensure a Marine with a physical condition which impacts their ability to meet grooming standards has an opportunity to properly treat the chronic condition in order to allow compliance with uniform regulations.

(2) Concept of Operations

(a) Marines diagnosed with PFB will be treated like any other patient with a chronic but treatable medical condition. While undergoing medical treatment for PFB, a Marine is considered fit for full duty. Four to twelve weeks will usually provide sufficient time to determine if some method of hair removal will alleviate the condition and allow the Marine to conform to grooming standards. When continuous beard growth is required for treatment, the hair length shall not exceed one-fourth of an inch and will be limited to the affected areas clearly identified on the "no shave" chit.

(b) Supervisors of Marines diagnosed with PFB must actively monitor the individual according to the procedures outlined in this Order. Medical personnel will routinely evaluate the individual, at least every three to four weeks, and at the termination of a regular treatment interval. Upon determination by local medical authority that a Marine requires a permanent "no shave" status to adequately treat their PFB, commanders may recommend separation under reference (b). Such a separation will be in accordance with paragraph 6203.2.a(6) of reference (b), unless there are additional bases for separation.

b. Subordinate Element Missions

(1) Deputy Commandant, Manpower and Reserve Affairs (DC, M&RA) shall provide clarification of PFB policy, uniform regulations, and administrative options as required.

(2) Director, Health Services shall coordinate with Chief, Bureau of Medicine and Surgery, and Marine Corps Health Service Support personnel to maintain currency of the PFB treatment protocols and monitor quality of PFB care provided to Marines.

(3) Commanding Officers (CO) at all levels through the Battalions/Squadrons, Recruiting Station, Inspector & Instructor

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Staffs, and Detached Commands will recognize PFB as a chronic condition that may require a period of no shaving in order to treat the condition and allow the Marine an opportunity to comply with facial hair regulations. If the condition does not allow a return to grooming standards compliance or the condition frequently flares causing repeated "no shave" recommendations, the CO has administrative options available to maintain compliance with standards and good order and discipline.

5. Administration and Logistics

a. A Marine who reports inability to comply with facial hair regulations due to PFB, shaving or razor bumps, should be referred to a medical officer for an evaluation and possible treatment.

b. Medical must document the recommendation to avoid shaving and the specific areas involved on the form found in enclosure (2) for a four to twelve (4-12) week period depending on severity of symptoms.

c. The CO should consider endorsing Medical's recommendation to allow an opportunity for the Marine to once again comply with facial hair regulations after treatment and to document adequate treatment has occurred if administrative options are subsequently required. The "no shave" recommendation is not granted until signed by the CO.

d. A Marine with a "no shave" chit endorsed with the CO's signature must keep the chit with them at all times while in uniform. A Marine must work closely with medical to follow the treatment plan and keep them apprised of any issues. The resulting facial hair is to be kept trimmed with clippers not to exceed one-quarter inch as soon as medical endorses the use of clippers. A "no shave" chit period will not normally preclude clipping for the entire period. A Marine must maintain a neat, professional appearance even with a beard. The beard will not become unkempt in appearance and will not be manicured to any style.

e. Medical personnel must appropriately document the diagnosis of the condition and treatment prescribed, make recommendations to the CO concerning "no shave" periods of time, and keep the CO aware of the estimated time before a Marine can once again comply with facial hair regulations.

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f. If a Marine's physical condition impacts good order and discipline, has been given the time to be appropriately treated or frequently recurs despite treatment, and the condition is not a disability, the CO may consider separation as described under paragraph 4.a(2)(b) of this Order. A permanent "no shave" recommendation will not normally be endorsed by the Marine Corps. In cases where the CO does not separate the Marine, the CO shall forward a request for a permanent "no shave" status, with endorsements by the chain of command to DC, M&RA (MPO). DC, M&RA will approve or deny all permanent "no shave" requests. If approved, the permanent "no shave" status will be authorized until current end of active service (EAS) or end of obligated service (EOS).

g. Authority to grant Convenience of the Government separation due to chronic PFB will not be delegated below those commands authorized General Court Martial Convening Authority.

h. Those Marines separated for PFB will be assigned a reenlistment code of RE-3P.

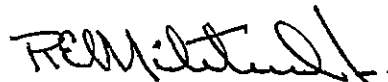
i. Marines requiring a permanent "no shave" status will be unqualified for reenlistment and reenlistment code RE-3P or RE-3C is required.

j. Recommendations concerning the contents of this Order may be forwarded to DC, M&RA via the appropriate chain of command.

6. Command and Signal

a. Command. This Order is applicable to the Marine Corps Total Force.

b. Signal. This Order is effective the date signed.



R. E. MILSTEAD, JR.
Deputy Commandant for
Manpower and Reserve Affairs

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Pseudofolliculitis Barbae (PFB) Treatment Protocol

1. Phase I. Control of mild cases (less than 20 small papules or rare pustules).

a. Totally avoid shaving for up to four (4) weeks until all lesions have subsided, while applying 1% Hydrocortisone cream (NSN 6505-00-074-9912) to involved skin each morning.

b. To soften whiskers, begin a nightly application of Retin-A Cream 0.05 - 0.1% (NSN 6505-01-044-9389 for 0.05% and NSN 6505-01-044-9388 for 0.1%) to beard area while beard is growing out. The goal of treatment is seven (7) days per week. However, if the treatment is too irritating to the member's skin, the application schedule can be modified to not less than three times per week. Mild redness and peeling may be expected.

c. Circular brushing of beard area with soft brush (polyester skin cleaning pad) or medium firm toothbrush, two (2) times a day for three (3) to five (5) minutes.

d. Use barber's clipper (with clipping guard) to prevent a closer than one-quarter inch (1/4") cut of whisker hair to keep beard neatly trimmed once cleared by medical.

e. Hold clipper close to face and slowly glide along facial contours against the direction of hair growth.

f. Do not stretch skin or press hard against the skin with the clippers.

g. Use clippers on a daily basis.

h. Once shaving bumps subside and after clearance by medical, avoid excessively close shaving by following the steps below:

(1) If using a manual razor:

(a) Water soften beard first with hot, wet washcloth for five (5) minutes.

(b) Use lubricating shaving gel.

(c) Avoid close shave by using a PFB Razor. Do not use razors with more than one (1) blade.

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(d) Shave with the grain of the beard and do not stretch the skin. Use only one stroke over each area of the beard.

(e) Shave only every two (2) to three (3) days.

(2) If using an electric razor:

(a) Prepare beard with electric razor pre-shave.

(b) Use razor on high setting to avoid close shaving. Do not stretch skin while shaving.

(c) Shave with the grain of beard growth.

(d) Avoid multiple repetitions of strokes in the same area.

(e) Do not press razor head hard against the skin.

(f) Shave every other day.

i. After shaving, rub in 1% Hydrocortisone cream at the first sign of irritation, tenderness, or new papule formation.

2. Phase II. Control of moderate (30-60 papules with pustules) to severe (>60 papules) cases or those cases unresponsive to Phase I.

a. Stop shaving for up to eight (8) weeks if starting initially at phase II or for up to an additional four (4) weeks if continuing from Phase I. Follow Phase I steps a through g in all cases.

b. Once beard growth has developed, attempt hair removal by depilatory. Use either (1) or (2) below. These products are readily available over-the-counter. Before using either product, apply a small amount to a test area on the forearm and wash off in ten (10) minutes. Wait two days and if no irritation at test site then proceed. If irritation develops, do not use these products.

(1) Barium sulfide depilatory - very mild to strong.

(a) Use mildest form that works.

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(b) Apply to small areas at a time (1/4 - 1/2 of face) and start removal no later than three (3) minutes after application or in accordance with package instructions.

(c) Remove with spatula, butter knife, tongue blade, or other blunt straight edge.

(d) Use short, rapid strokes against the direction of hair growth. Keep shaving instrument moist but wiped clean.

(e) If some hairs remain, repeat after 30-60 seconds.

(f) Neutralize depilatory with a diluted vinegar solution (1 teaspoon per pint of water) then rinse again thoroughly with tap water.

(g) If irritation develops, rinse two to three (2-3) times daily with tap water and apply 1% Hydrocortisone.

(2) Calcium triglycolate depilatory

(a) Apply to bearded areas.

(b) Leave on five (5) to ten (10) minutes or in accordance with package instructions.

(c) Use spatula, tongue blade, butter knife, or other blunt straight edge to remove material with strokes against the direction of hair growth.

(d) If some hairs remain, repeat after 30-60 seconds.

(e) Rinse thoroughly with tap water two to three (2-3) times.

(f) If irritation develops, rinse two to three (2-3) times daily with tap water and apply 1% Hydrocortisone.

c. The depilatory can be repeated every 48 to 72 hours until shaving is possible. Once shaving bumps subside, avoid close shave by following the steps in Phase I, steps h and i.

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3. Phase III. Cases unresponsive to Phase II.

a. Stop shaving for up to an additional four (4) weeks. Continue Phase I, steps a through g.

b. The majority of stubborn PFB cases are managed by clipper cut (no shaving). If control is achieved in this phase, but recurs with resumption of shaving despite topical therapies, it is appropriate for the local medical department to recommend a permanent "no shave" status for the commanding officer's consideration. A permanent "no shave" recommendation does not require specialty endorsement by a Dermatologist.

4. Phase IV (Optional). Control of cases unresponsive to Phase III, recurring frequently, or resulting in a permanent "no shave" recommendation.

a. If adequate control of PFB is not achieved using Phase III protocol, and the Marine desires long-term hair reduction as an adjuvant treatment for improving control of stubborn PFB, then the medical officer or Senior Medical Department Representative should consider referring the Marine to Dermatology (with documentation of care per PFB protocol in hand) for possible treatment using a dedicated hair reduction laser system with adequate integrated epidermal cooling. If the Marine does not desire long-term hair reduction, they should continue with earlier phases of this protocol, and the Marine's command may proceed with administrative separation, if deemed appropriate. The Marine is not eligible for long term hair removal if they do not meet the following criteria:

(1) Marine must have greater than 18 months left on active duty. Marine must be available to the Military Treatment Facility Dermatology Clinic providing care for at least six (6) months, ensuring the opportunity for a full treatment course.

(2) Involved hair must be darkly pigmented. Gray, blonde, and white hair will not respond to laser treatment.

b. If laser treatment is available, and the Marine desires to participate in the program, treatment for long-term hair reduction may be undertaken.

(1) Informed consent will be obtained.

(2) Affected areas will be pre-treated with an appropriate topical anesthetic.

(3) Treatment protocols will be established by a Dermatologist, but typically include up to six treatments spaced approximately four to six weeks (4-6) apart. While undergoing treatment, the Marine should continue with their current methods of control, such as clipper cutting. A repeat course of laser treatment may be considered for select stubborn or recurrent cases.

c. Laser hair reduction (Phase IV) is not mandatory for any member in an active duty status with PFB, though it represents a promising adjuvant treatment for stubborn cases. If a Marine elects not to undergo laser treatment, then it will be up to the Marine's command to determine whether or not an administrative separation is necessary.

d. If a Marine receives laser treatment with effective results, they are no longer eligible for a "no shave" status. Unaffected areas will not be treated. Untreated areas must be shaved according to current military grooming standards. A subsequent course of laser treatment will not be offered to cover areas the Marine initially requested to leave untouched.

e. Alternate methods of hair treatment not included in this instruction, notably electrolysis and topical treatment with eflornithine, are not recommended for the treatment of PFB, and are not provided by the military health care system.

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Print Form

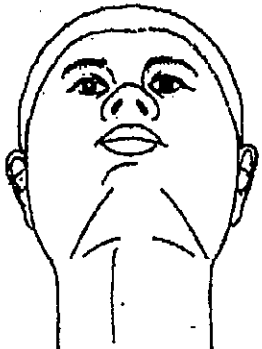
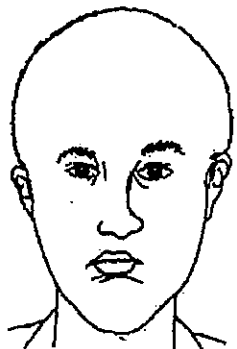

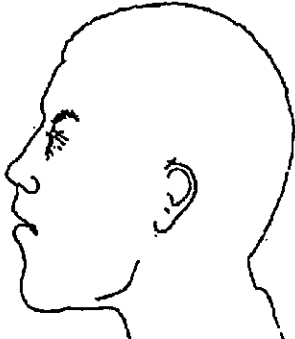
PSEUDOFOLLICULITIS BARBAE (PFB) SHAVING WAIVER/EVALUATION/DISPOSITION				
Marine Last Name		First Name		Middle Initial
MEDICAL OFFICER INITIAL EVALUATION				
<input type="checkbox"/> No PFB or other medical condition that prevents shaving. <input type="checkbox"/> Pseudofolliculitis Barbae (PFB) <input type="checkbox"/> Other:				
Name of Medical Officer		Rank	Signature	Date
Due to the medical condition specified above, the service member will be treated on a protocol that will involve periods where no shaving is recommended for areas shaded in on the back of this form.				
<input type="checkbox"/> Phase I	Start "no shave" Date	MO/SMDR Name	Signature	Date
	Resume shaving Date	CO Name	Signature	Date
<input type="checkbox"/> Phase II	Start "no shave" Date	MO/SMDR Name	Signature	Date
	Resume shaving Date	CO Name	Signature	Date
<input type="checkbox"/> Phase III	Start "no shave" Date	MO/SMDR Name	Signature	Date
	Resume shaving Date	CO Name	Signature	Date
<input type="checkbox"/> Phase IV	Start "no shave" Date	MO/SMDR Name	Signature	Date
	Resume shaving Date	CO Name	Signature	Date
Failure of PFB Protocol Recommendation				
The service member has failed the established PFB protocol. A permanent "NO SHAVE" status is recommended.				
Name of Medical Officer		Rank	Signature	Date
COMMANDING OFFICER DECISION				
<input type="checkbox"/> A permanent "NO SHAVING" status is recommended. Request will be forwarded to DC M&RA for decision. <input type="checkbox"/> Refer for Administrative Separation				
Name of Commanding Officer		Rank	Title	Signature
				Date

Reset Form

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Specific Areas to Avoid Shaving			
1. Areas NOT to be shaven. Medical Officer must outline and shade in areas not to be shaven closer than one-fourth of an inch.			
2. Regular grooming standards required for areas not shaded in.			
			
			
Marine's:	Last Name	First Name	
Medical Officer:	Printed Name	Signature	Date

Reset Form

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