

Acne Keloidalis Nuchae

Acne keloidalis Nuchae (AKN) occurs when hairs on the back of the head and neck grow into the skin, become inflamed and cause scar tissue. AKN is more common in people with stiff or curly hair and those with darker skin. These ingrown hairs usually start following a short haircut on the back of the head and nape of the neck. The ingrown hairs lead to scar tissue that is a form of hypertrophic scar or keloid.

Treatment of AKN includes suppression of the inflammation with antibiotics (Tetracycline, Doxycycline, Cleocin-T, others) and topical steroids or intralesional steroid injections. Larger bumps of AKN may need to be surgically excised. Once excised, the defect will heal best if left open to heal from the inside out, but this takes weeks or months. Intralesional steroid injections or radiation treatment after surgery helps prevent recurrence.

Hair removal lasers may prove to be a very useful tool in early AKN. Once you know you are prone to AKN, but before you have an advanced case, you should consider having laser hair removal to prevent further AKN.