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Spa pool folliculitis

What is spa pool folliculitis?

Spa pool folliculitis, also known as 'hot tub folliculitis' or 'pseudomonas folliculitis', is a skin condition that arises hours to a few days after bathing in inadequately disinfected warm water, such as a spa pool, jacuzzi or swimming pool. It may affect several exposed individuals.

The result is an eruption of scattered small red itchy or tender bumps, some of which are pustular. They mainly occur in areas that were covered by the swimming costume.

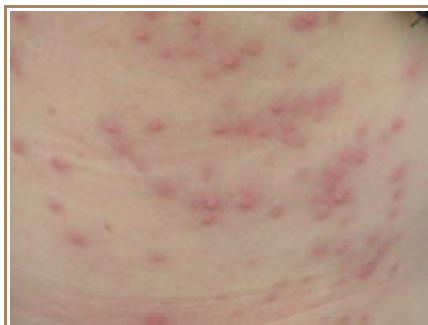
Rarely, some people with spa pool folliculitis feel unwell. They may have earache, sore throat, nausea and vomiting, headache and/or mild fever.

What is the cause of the folliculitis?

Spa pool infection is due to a bacterial infection of the skin.

The bacteria responsible, *Pseudomonas aeruginosa*, do not survive long on healthy normal skin so spa pool folliculitis usually settles by itself within a few days.

Spa pool folliculitis



Treatment

Mild cases do not require treatment. Extensive or severe spa pool folliculitis can be treated with topical or systemic antibiotics active against gram negative bacteria, such as:

- Gentamicin cream
- Polymyxin B spray
- Oral ciprofloxacin

The responsible pool should be properly cleaned and disinfected with adequate chlorination or other method.

Related information

On DermNet NZ:

- [Acne and other follicular disorders](#)
- [Folliculitis](#)

Other websites:

- [Pseudomonas folliculitis](#) - emedicine dermatology, the online textbook

Books about skin diseases:

See the [DermNet NZ bookstore](#)

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DermNet does not provide an on-line consultation service.

If you have any concerns with your skin or its treatment, see a [dermatologist](#) for advice.

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