

Facial Shaving

Equipment

- Electric razor
- Towel
- Moisturizer
- Non-sterile gloves

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You may have to assist your loved one with facial shaving if he is very ill or too weak to manage himself. Shaving using an electric razor is preferred rather than a wet razor, if you have a choice.

- ▶ Have a good light on the person's face. Sit him upright if his condition permits.
- ▶ Protect the person's clothes with a towel under his chin.
- ▶ Spread a warm damp towel over the person's lower face and chin for a few minutes to open the pores and soften his beard. When the beard absorbs warm water it becomes softer and easier to cut. The warmth also relaxes facial muscles, making shaving so much easier. Never use hot water; it dehydrates skin. Alternatively, take a warm shower before shaving.
- ▶ If not using an electric razor; use a razor with good blade that has been warmed in a basin of warm water. Apply a thin and even layer of shaving cream on the person's beard in a circular motion to lift the beard. Do not use too much shaving cream or the razor will clog and skip. Let the cream soften the beard for a minute or two before you start shaving.
- ▶ Shave the face in the direction of the hair growth. Usually the beard grows downward toward the neck. But on the neck, hair typically grows in the direction of the chin.
- ▶ Stretch the skin taut and as flat as possible to get a close shave and prevent you from cutting the skin.
- ▶ Use short strokes, starting with side burns, cheeks, and neck. Finish with the upper lip and chin.
- ▶ To keep the blade sharp and clean throughout the shave, wipe the razor on a tissue paper and rinse it in a basin of warm water frequently. Tap the blade at the side of the basin to remove clogged hair and cream. Change your razor more frequently if the person has a heavier beard.
- ▶ When you're done, rinse your loved one's face thoroughly with cool water and pat dry with a towel. Do not rub.
- ▶ Protect the skin with after-shaving moisturizer. A good wet shave exfoliates and cleanses the skin. Newly exfoliated skin needs to be protected.