



# Tips for Shaving Others



1. **Gather what you need:** 2 bowls of warm water, wash cloths, towels, disposable razor (Or electric shaver) and shaving cream.



2. **Stop.** If the person takes blood thinner medication, it's best to use an electric shaver. It's also faster.



3. **Encourage the person to do as much as they can.** You can help by handing them supplies or holding the mirror.



4. **Wash face with washcloth.** Rinse. Place warm cloth over face for a few minutes to prepare the skin for shaving. This softens their beard and prevents pulling when you shave.



5. **Shaving:** Pull skin tight and move shaver across face in small circles. If you notice pulling, clean shaver.



6. **If using a razor:** Put shaving cream, the size of a loonie, in your hands and lather up and apply to areas of face to be shaved.



7. **Shaving with razor:** Pull skin tight. Shave in direction of hair growth. Use short strokes. Rinse razor after every pass.

## Cuts:

**Sometimes they may have some bleeding after a shave.** Simply put a small piece of tissue paper over the area and apply direct pressure until bleeding stops. It may take a few minutes.

