ST. FRANCIS 24/7 CALL CENTER: (321) 269-4240

St. Francis REFLECTIONS® Hospice
Established 1977 • Licensed 1990

Shaving

Supplies Needed:

- Electric razor or disposable razor
- Shaving cream or gel
- Warm water
- Towel

Steps:

1. **Prepare the Skin:**
    a. Wet the skin with a warm washcloth to soften the hair and open pores. Apply a small amount of shaving cream or gel to the area you will be shaving.
2. **Shave Gently:**
    a. Use an electric razor or safety razor to shave the hair gently, using light, short strokes. Avoid applying too much pressure to prevent cuts.
3. **Clean and Dry:**
    a. After shaving, wipe the skin with a clean, warm washcloth to remove any excess shaving cream. Pat the skin dry with a towel.
4. **Moisturize:**
    a. Apply a gentle moisturizer to the freshly shaved area to prevent dryness and irritation.

St. Francis Reflections is always available to assist with any questions or concerns 24/7

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