

Chapter 12

PERSONAL CARE FOR THE CLIENT

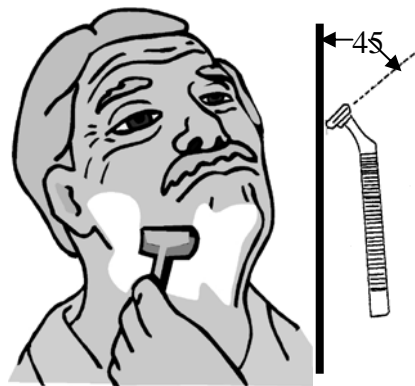
PROCEDURE FOR SHAVING CLIENT WITH DISPOSABLE OR SAFETY RAZOR:

1. Gather necessary equipment.
2. Wash your hands. Put on gloves.
3. Explain what you are going to do.
4. Position client in chair or sitting position in bed in well-lit private area such as the bedroom or bathroom.
5. Spread towel under client's chin.
6. Wet face with warm water.

NOTE: WARM WATER SOFTENS THE BEARD AND MAKES SHAVING SMOOTHER.

7. Apply shaving cream 1/8 inch thick to face.
8. Leave lather in place about 15-20 seconds.
9. Hold razor at a 45° angle to the client's skin. Start stroking downward with razor under sideburns and work downward over the cheek. Shave in the same direction that the hair grows (Figure 12.2).

Figure 12.2, Shaving with a Disposable Razor



10. Continue over the chin. Work upward on neck under the chin. Use short, firm strokes.
11. Rinse the razor often in water.
12. Shave area around lips carefully.

NOTE: YOU MAY HAVE TO STRETCH SKIN GENTLY TO SHAVE IN CREASES AND SENSITIVE AREAS.

13. When finished shaving, wash the face of any excess soap or lather.
14. Pat the face dry with a towel.

15. Apply aftershave lotion if the client requests it or if it is part of his usual routine.
16. Remove, clean, and store equipment. Do not recap disposable razor.
17. Remove and dispose of gloves according to in-home provider's policy. Wash hands.
18. Record observations and report anything unusual to nurse/supervisor.