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PATIENT INFORMATION SERIES

13. SHAVING

If you are having problems with irritation from shaving, these simple guidelines may help you.

- Shave only after a shower.
- Wet skin thoroughly with warm water for a full minute prior to shaving.
- Apply a thick layer of EDGE GEL and wait at least a minute for it to soak in.
- Use sharp, fresh, premium blades. Change blades at least once per week, but try to change them even more often in the summer.
- Keep the blade and the skin wet at all times.
- Shave down, “with the grain”, not against it. If you need a “close” shave once in while you can shave “up”, against the grain, but this will irritate the skin much more.
- Shave the easy areas first (cheeks), this allows the shaving cream to soak the other more difficult areas longer (chin and neck).
- You can pull the skin gently to flatten it out, but don’t pull too hard, this exposes the skin to more blade damage and irritates it more.
- Don’t push down hard.
- Don’t go over an area twice unless you absolutely have to.
- In general, ELECTRIC RAZORS, are less irritating but can’t shave as close.