CHECKLIST

Razor Bump Aftercare Checklist

Care steps in the order you do them. From American Academy of Dermatology guidance.

1 Before you shave

- [ ] Shave when hair is soft: end of a shower, or a warm damp washcloth on the area first.
- [ ] Wash with a gentle, non-comedogenic cleanser.
- [ ] Razor checked. Replace single blades after 5 to 7 shaves.
- [ ] Moisturizing shaving cream ready. Never dry shave.
- [ ] No cuts, rashes, bumps or sunburn on the area.

2 While you shave

- [ ] Cream on for 1 to 2 minutes. Keep the cream wet; if it dries, rinse and reapply.
- [ ] Shave in the direction the hair grows. Short, slow strokes.
- [ ] No more than two passes over any area. No pressing. Not as close as possible.
- [ ] If you use a single-blade razor, rinse the blade after each swipe.
- [ ] Never pull or stretch the skin. Never pluck a hair inside a bump.

3 Right after

- [ ] Rinse off all the cream with warm water.
- [ ] Cool damp washcloth on the area for 5 minutes.
- [ ] Aftershave made for razor bumps (stop if it burns or stings).
- [ ] Dry the razor and store it dry.

4 In between shaves

- [ ] Do not pick or pluck at bumps.
- [ ] Shaving daily, or at least every 2 to 3 days, is the AAD advice if you keep getting bumps.
- [ ] Option that removes the cause: stop shaving and let the hair grow, if you can.

STOP AND ASK A DERMATOLOGIST:
if you keep getting razor bumps after changing your shaving technique (AAD), or if you are not sure what you are looking at, or if anything is painful or worrying you. This is a care-steps checklist from dermatology guidance, not medical advice and not a way to identify a skin problem.

LOG

Shave Log

Two weeks. Facts only: date, blade count, which steps you did.

Date	Blade shave # (1 to 7)	Soft hair first	Cream and with the grain	Cool compress	Notes
		○	○	○	
		○	○	○	
		○	○	○	
		○	○	○	
		○	○	○	
		○	○	○	
		○	○	○	
		○	○	○	
		○	○	○	
		○	○	○	
		○	○	○	
		○	○	○	
		○	○	○	
		○	○	○	

Replace a single blade after 5 to 7 shaves (AAD). Write the number so you can see it coming.