**Bottom of Form**

**PERSONAL CARE FOR STROKE SURVIVORS**

Your personal care can be a major step in recovering from stroke. These tips can help you get started:

**Hair Grooming**

* Mount an extension mirror near a mirror in the bathroom or on a dresser.
* By using both mirrors together, you can see the back of your head.
* Use a wall-mounted hair dryer or buy a wall mount for a hand-held dryer.
* Use a curling brush to eliminate the need for rollers.
* To clean your hairbrush, hold it between your knees, and then pull a comb through it to get the hair out.
* Change to a “wash-and-wear” hairstyle to avoid the need for hair dryers and curling irons.

**Care of Teeth**

Toothpaste tubes with flip tops are easiest to use for applying toothpaste:

* Use your strong hand to squeeze it onto your tongue, and then pick up the toothbrush.
* Hold the toothbrush in your teeth and apply the toothpaste with your strong hand.
* Hold the toothbrush between the thumb and forefinger of your weak hand, applying the toothpaste with the strong hand.

**Special Cleaning Aids**

* To floss, try disposable flossing toothpicks or a floss threader.
* To clean dentures, try using a suction brush or denture soak.

**Shaving**

Men

* Use an electric shaver if you have to shave with one hand. Or, if you prefer using blades, puff out your cheeks when you shave.
* Use a disposable razor so you don’t have to change blades.
* To apply shaving cream, squeeze the cream onto the back of your weak hand or onto the edge of the sink.
* Then apply the cream with your strong hand.
* To trim a mustache, use a single-edge razor. For safety, sit while doing this task.

**Women**

* To shave your legs, use an electric shaver. If you lie on a bed, you may be able to reach your lower legs more easily.

**Nail Care**

* If your hand is clenched (in a claw-like manner) as a result of a stroke, keep your fingernails short and smooth.
* Special nail clippers designed to be used with only one hand are available. Also, depending on the strength in your affected hand, you might want to try foot-operated clippers.
* To file fingernails, tape a nail file to a table and run your fingers over it.
* Cut and file toenails after soaking them in warm water. The water helps soften the nail.