

Hygiene and Dressing

Information for patients and families

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Hygiene



and Dressing



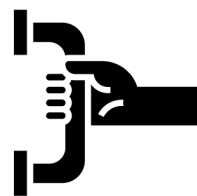
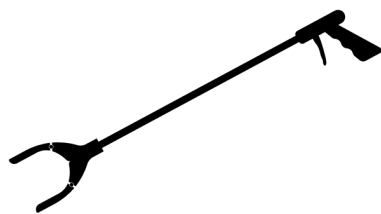
Tips

1. **Sit on a chair** with a backrest  while getting dressed or completing personal care activities

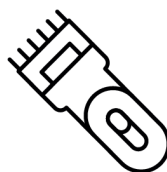
2. **Plan outfit**



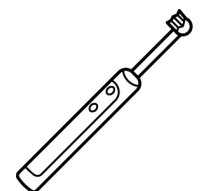
3. **Use aids**



4. **Use** electric shavers



or electric toothbrushes



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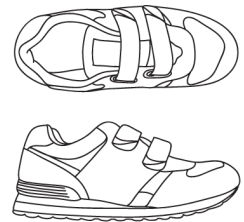
5. Dress weaker limb 1st



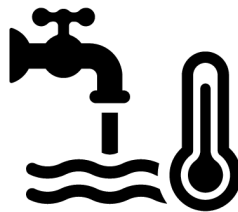
6. Dress lower body 1st



7. Wear clothes that are **easy** to put **on** and **off**



8. Use **warm water**



when **bathing**



More information



Visit

cesnstroke.ca/stroke-education-resources-for-patients/

