**ACRYLIC & GEL NAIL EXTENSION AFTERCARE**

1. **Wear rubber gloves for washing up and gardening.**

**Cotton gloves are a good idea inside of rubber gloves to prevent sweating.**

1. **Keep underside of nails clean with gentle nail brush or toothbrush.**
2. **Use cuticle cream/oil regularly.**
3. **Re-book for regular infills and rebalancing every 2-3 weeks.**
4. **Return to me if there are any breakages, cracks or lifting. A repair can be done. Do not be tempted to pull off the lifted part as this will cause nail distress and weaken your natural nail. Or if there are any signs of discolouration under the extension, tell me. This could be a bacterial infection and the extension will need to be removed ASAP.**
5. **Repetitive or severe pressure on the nail enhancements will lead to cracks that result in full blown breaks. Treat your nails as JEWELS NOT TOOLS. Do not bite, pick or file your enhancements. This can cause them to lift, become weak and break, and possibly cause damage and thinning to your natural nails. Use the pads of your fingers instead of your nails as tools. Keep an orange stick in your handbag for opening ring pull cans ☺**
6. **Do not be tempted to do any home repairs. If a nail tip breaks, do not try to glue it on again as you might trap air between the tip and the natural nail which can lead to bacterial infections. Also, never glue down lifted product. Without proper sanitation, moisture can become trapped and provide the perfect breeding ground for bacteria.**
7. **Return to me for removal, or I can explain the removal process for you to do at home. DO NOT forcibly remove the extensions.**
8. **Use acetone free nail varnish remover if changing your polish colour at home. DO NOT use acetone on your extensions, it will dissolve them.**
9. **Allergic reactions to ingredients in some nail products are rare. However, they can occur to a small number of people who are highly sensitive to certain chemicals. Symptoms of an allergic reaction include irritation around the eyes and mouth, and redness, itching and swelling of the skin around the nail. If you develop any of these symptoms, call me immediately and consult your doctor.**