

BLENDSTUDIOO

NAIL EXTENSION AFTERCARE GUIDE

DO'S (Follow These)

- Be gentle with your nails (they are not tools)
 - Keep nails **clean & dry**
 - Apply **cuticle oil daily** (keeps nails hydrated)
 - Moisturize hands regularly
 - Wear **gloves while doing household work**
 - Use **mild soap/handwash**
 - File nails gently if edges feel sharp
 - Visit salon for **regular refills (every 2–3 weeks)**
 - Use nails carefully while typing, opening things, etc.
 - Dry hands properly after washing
 - Follow **aftercare advised by your nail technician**
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DON'TS (Avoid These)

- Don't use nails to open cans, scratch, or pick things
 - Don't bite nails or cut cuticles
 - Don't pull, peel, or force-remove extensions
 - Don't use **acetone or harsh chemicals** directly
 - Don't ignore lifting or damage
 - Don't expose nails to **excess water for long time**
 - Don't hit nails on hard surfaces
 - Don't trim extensions at home (can damage structure)
 - Don't skip refills
 - Don't apply random glue if nail breaks
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DAILY CARE

- Apply **cuticle oil 1–2 times daily**
 - Keep nails moisturized
 - Clean under nails gently
 - Avoid dirt buildup
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HOUSEHOLD & WATER CARE

- Wear gloves while:
 - Washing utensils
 - Cleaning
 - Laundry
 - Avoid long exposure to water (softens glue → lifting)
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HEAT & CHEMICAL CARE

- Avoid direct exposure to:
 - Harsh cleaners
 - Sanitizers in excess
 - Hair dye / chemicals without gloves
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IF DAMAGE HAPPENS

- If nail lifts → **do not press or glue it back**
 - If cracked/broken → **visit salon immediately**
 - Keep damaged nail dry & protected
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REFILL & REMOVAL

- Refill every **2–3 weeks**
- Never remove at home
- Always get **professional removal** to avoid damage



COMMON FAQs

Q. Can I do normal daily work?

- ✓ Yes, but avoid pressure and rough use

Q. Why are my nails lifting?

- ✓ Water exposure, oil buildup, impact, or delay in refill

Q. Can I cut my extensions?

- ✓ No, only filing by professional is recommended

Q. Can I apply nail polish?

- ✓ Yes, but remove with **non-acetone remover**

Q. Can I use sanitizer?

- ✓ Yes, but limit overuse (can dry & weaken nails)

Q. What if one nail breaks?

- ✓ Don't fix at home → visit salon

Q. Will extensions damage my natural nails?

✓ No, if applied & removed professionally + proper care

WARNING SIGNS (Contact Salon)

- Pain or discomfort
 - Nail lifting from base
 - Green/black discoloration
 - Infection or swelling
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PRO TIP

- Care = Long-lasting, strong & beautiful nails