

Artificial Nail Removal and Post Removal Care Guidelines

- Guidelines obtained from Web site, Beautytech.com

Guidelines For Artificial Nail Removal *

1. Nails could be removed professionally by licensed manicurist or
2. For self-removal: Clip the tips (length) down as far as you can.
3. Get some pure acetone from any store that sells regular polish remover, Sally's Beauty Supply is your best bet.
4. Take some aluminum foil cut into squares, and some cotton balls.
5. Wet the cotton ball with acetone, lay it on the nail and cover with the foil, as tightly as possible.
6. Repeat all 10 nails or one hand at a time. Do not peek or open the foil for at least 20 minutes.
7. One at a time, remove the foils and with a wood pusher - orange wood stick- scrape the acrylic off. It should come right off. You can repeat if some traces are left. If you peek, the acrylic will start to harden immediately, so it's best to be patient.
8. When you get it all off make sure you give your self a healthy dose of some good hand cream as the acetone is very drying to the surrounding skin.

Treatment Of Nails After Removal**

1. Keep nails short.
2. Use hand lotion liberally throughout the day (Ecolab Accent Plus lotion is available in all patient care areas).
3. Rub Vaseline into nails and nail beds at night.
4. Make sure to dry hands completely after washing or when wet.
5. Use waterless alcohol degermer instead of soap and water to wash hands whenever possible (except when hands are visibly soiled) as this will not "wet" nails.
6. Nail hardeners are not recommended since cracking and damage to nails beneath the layer of hardener can occur.
7. The best/most healthy post nail removal products will buff and smooth nails. One example of this category of products is: ANEW: Nail buffing and sealing system: 407-668-7785

<http://www.beautytech.com/nailtech/vicstips7.htm>