

NAIL CARE TIPS AND TECHNIQUES

- Shorter nails are easier to maintain. Keep a consistent fingernail length through periodic (twice a week) filing.
- Never use nail clippers or scissors to clip cuticles. Clippers or scissors can cause cuts and breaks in the cuticle or skin at the base of the nail that can become infected.
- Use a nail buffer and buffing cream for a glossy finish.
- Store nail polish in the refrigerator. When polish is cool, it is possible to receive feedback during application and feel the coverage on the nail.
- Before applying nail polish, apply Vaseline or petroleum jelly on the skin and cuticle surrounding each nail. If you accidentally get polish on this area, it will wipe off easily once the polish has dried.

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This publication is a project of Associates for World Action in Rehabilitation & Education (AWARE), a nonprofit organization that provides information and education on vision loss.

This and other vision loss information is also available online at VisionAWARE.org, a "Self-Help for Vision Loss" website. VisionAWARE is a program of AWARE.

AWARE
P.O. Box 96
Mohegan Lake, NY 10547
914-528-5120

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