



## Pedicures Aftercare

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*Keep toes pristine and skin soft after your treatment.*

### Right after

- If regular polish: wear open-toe footwear while it hardens.
- Keep feet clean and dry, especially between toes.

### Ongoing care

- Moisturise heels/soles daily; file hard skin lightly 1–2x/week.
- Choose roomy footwear; rotate shoes so they dry out.
- Use SPF on exposed feet in sandals.

### Avoid

- Blades/acid corn plasters at home—use gentle file + cream instead.

### Contact us/GP if

- Increasing redness, swelling, green/yellow nail, or painful ingrown toenail.

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Thank you for choosing MMM BEAUTY