

Don't come unstuck

Nail adhesives, or nail glue, are commonly used to apply artificial nails or nail art. They are readily available but come with health and safety risks, particularly if they are not used properly.



Risks

Allergy or skin irritation

- Nail adhesives often contain ethyl cyanoacrylate or other acrylates, which may cause skin irritation, redness, or even blistering if you are sensitive to these substances.
- Some people can develop an allergy to these substances, meaning they will have a reaction if they use them again.

Nail damage

- Repeated use can weaken natural nails, making them brittle, prone to peeling, and more likely to split.
- Aggressive removal methods, such as peeling glued nails off, can cause lasting damage to the nail plate.

Respiratory and eye hazards

- Fumes from the adhesive can irritate the respiratory system, particularly in poorly ventilated spaces. Symptoms can include headaches, throat irritation and dizziness.
- Contact with eyes can cause severe injuries. Immediate medical attention is necessary to safely remove adhesive from the eye area.

Infection risks

- Applying adhesive on damaged or infected nails can worsen the problem, potentially leading to bacterial or fungal infections.
- Trapped moisture or bacteria beneath artificial nails heightens infection risk.

Advice for safe use

- **Buy from reputable sources**
Purchase only from reputable sellers to ensure adherence to safety standards.
- **Well-ventilated application**
Always use in a well-ventilated area to reduce exposure to fumes.
- **Follow removal instructions**
Use proper removal techniques, such as soaking in an appropriate solution, to avoid nail and skin damage.
- **Perform a patch test**
Apply a small amount of glue on the skin first to check for sensitivity or allergic reactions.
- **Use sparingly**
Avoid excessive adhesive application, and ensure no adhesive leaks onto the skin around the nails.



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