

**B·tanish**  
**Salon**

# EYELASH EXTENSION AFTERCARE GUIDE

## ✓ DO'S (Follow Carefully)

- Keep lashes **completely dry for first 24–48 hours**
  - Gently brush lashes with a **clean spoolie**
  - Sleep on **back or side** to avoid friction
  - Use **oil-free makeup & skincare products**
  - Remove eye makeup **gently (dab, don't rub)**
  - Pat dry (don't rub with towel)
  - Keep lashes **clean to avoid buildup/infection**
  - Schedule **refill every 2–3 weeks**
  - Inform technician about any **irritation/allergy**
  - Use **lash sealant (if recommended)**
  - Tie hair back while washing face
  - Maintain overall **eye hygiene**
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## ✗ DON'TS (Strictly Avoid)

- No water/steam/sweat for first 24–48 hrs
  - Don't rub, pull, or touch lashes
  - Don't use **oil-based products** near eyes
  - Don't use **waterproof mascara or eyeliner**
  - Don't curl lashes with eyelash curler
  - Don't sleep face-down
  - Don't use cotton pads (fibers get stuck)
  - Don't apply heavy creams near lash line
  - Don't expose to excessive heat (sauna/steam)
  - Don't try to remove extensions yourself
  - Don't skip cleaning (causes infections)
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## **FIRST 48 HOURS (CRITICAL)**

- Keep lashes **dry**
  - Avoid **steam, hot showers, gym, sweating**
  - No face steaming or facials
  - Avoid touching or adjusting lashes
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## **CLEANING ROUTINE**

- Clean lashes **once daily**
  - Use **gentle, oil-free cleanser**
  - Use soft brush or fingers lightly
  - Rinse with normal water (low pressure)
  - Let lashes **air dry or fan dry**
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## **SLEEP CARE**

- Sleep on **silk/satin pillowcase**
  - Avoid pressure on lashes
  - Consider using **eye mask (lash-friendly)**
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## **MAKEUP RULES**

- Use **oil-free products only**
  - Avoid mascara (especially waterproof)
  - If needed, use **extension-safe mascara only on tips**
  - Remove makeup gently (no rubbing)
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## **GYM / SWIMMING / HEAT**

- Avoid gym & sweating for first 24–48 hrs
- After that, **clean lashes immediately after sweat**
- Avoid prolonged exposure to **chlorine/salt water**
- Use caution with **sauna/steam**

## **? COMMON FAQs**

### **Q. How long do extensions last?**

- 2–4 weeks (depends on care & natural lash cycle)

### **Q. Why are my lashes falling?**

- Natural shedding OR rubbing/oil exposure

### **Q. Can I wash my face?**

- Yes, but carefully and avoid pressure on lashes

### **Q. Can I use kajal/eyeliner?**

- Yes, but **oil-free & minimal**

### **Q. Can I use mascara?**

- Avoid, but if needed use **lash-extension-safe**

### **Q. Is it normal to feel slight irritation?**

- Mild sensitivity is normal initially, not severe irritation

### **Q. Can I cry?**

- Yes, but avoid excessive rubbing afterward
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## **WARNING SIGNS (CONTACT SALON)**

- Redness, itching, swelling
  - Burning sensation
  - Sticky discharge
  - Severe lash fallout
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## **PRO TIP**

- Clean + gentle care = **longer retention & fuller lashes**