

Fact Sheet

Manicures, Pedicures and Nail Treatments

Bacterial, fungal and viral infections may result from using contaminated manicure and pedicure tools/instruments. To prevent this, multi-use tools/instruments must be adequately cleaned and disinfected between clients as required in the *VCH Best Practices for Infection Prevention and Control in Personal Service Settings* document. **Infection prevention and control procedures must be followed to protect both the personal service workers and clients.**

You do not have to see blood or body fluids on the instruments for an infection to occur. The following information is a supplement to the general operational requirements for personal service establishments.

Infection Prevention and Control Requirements

Hand Hygiene & Glove Use

- Hand hygiene must be performed by the personal services worker (PSW):
 - before and after each client
 - before and after wearing gloves
 - between breaks in service
- Clients should wash and thoroughly dry their hands prior to nail treatments
- Where contact is limited to intact skin, gloves are not required
- Clean, non-sterile gloves should be worn:
 - If there is any contact with blood, body fluids or non-intact skin
 - When handling items visibly soiled with blood and/or body fluids.
 - When the PSW has cuts on their hands
- If gloves are required they must be changed between clients and procedures
- Gloves should be removed immediately after completing the procedure, at the point of use and before touching clean surfaces
- Single use disposable gloves should not be reused or washed

Nail Assessment

- Prior to the service, examine the client's nails for infection
- Do not provide nail services for a client who has signs of a nail infection.
- PSWs should not provide treatment or apply any fungal ointment to the client's skin. Fungal ointment should not be on site.
- PSW should advise the client to see their doctor for assessment and treatment.

Manicure/Pedicures

- Avoid breaking the client's skin, especially when cutting cuticles or filing the nails. (Note: dermatologists recommend leaving cuticles intact to reduce potential exposure to infectious agents)
- Prior to the service, gather all tools/instruments and lotions that may be required.
- Single use tools/instruments (emery boards, hindstones, orange sticks, buffers, pumice stones, toe separators) are to be used only once then discarded or given to the client to take with them.
- After each client, multi-use instruments/tools (e.g. glass/diamond nail files, nippers, clippers) must be cleaned with soap and warm water using a scrub brush then intermediate or high level disinfected. Follow manufacturer's instruction for the contact time required for the type of disinfectant used.

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Manicure/Pedicures cont.

- Store multi-use tools in a clean, covered container when not in use.
- Pedicure blades (credo blades) must be used once then discarded into an approved sharps container; puncture-resistant, leak-proof with a tight-fitting lid and properly labelled with a biological hazard sign.
- Creams or oils should be dispensed in a manner that does not contaminate the remaining portion (no double-dipping).
- Styptic product in powder or liquid form must be applied using a disposable applicator and discarded after use. Styptic pencils **must not** be used on clients.
- See separate fact sheet for disinfection of foot baths following pedicures.

Blood and Body Fluid Exposure

- Instruments that accidentally break or nick the skin during a procedure must be cleaned and high level disinfected prior to re-use.
- Record of an accidental blood or body fluids exposure must be completed and kept on site for one year and on file for 5 years.
- Hepatitis B vaccination is strongly recommended for PSWs.



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