

## 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 *Infection Prevention and Control Best Practices for Personal Services 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 bodily fluids on the instruments for an infection to occur.

The following is in addition to general operational requirements for personal services settings.

### Infection Prevention and Control Requirements

#### *Hand Hygiene & Glove Use*

- Hand hygiene must be practiced by the personal services worker (PSW):
  - before and after each client
  - before and after wearing gloves
  - in between breaks in service
- Clients must wash their hands and thoroughly dry them prior to nail treatments
- Where contact is limited to intact skin, gloves are not required
- Clean, non-sterile gloves should be worn
  - For contact with blood, body fluids, secretions and excretions, mucous membranes, or non-intact skin
  - When handling items visibly soiled with blood, body fluids, secretions and excretions
  - When the PSW has cuts on their hands
- If gloves are required they must be changed between procedures on the same clients and between clients
- Gloves should be removed immediately after completion of 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 offering 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 start of the service, gather all tools/instruments and lotions that may be required.
- Single-use tools/instruments (emery boards, hindostones, orange sticks, buffers, pumice stones, toe separators) are to be used only once then discarded or given to the client to take with them.

- Multi-use instruments/tools (e.g. glass/diamond nail files, nippers, clippers) must be cleaned with a soap and warm water using a scrub brush and then disinfected with an intermediate or high level disinfectant after each client. Pay particular attention to the contact time required for each disinfectant used.
- 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 container with a tight-fitting lid and properly labelled with a biological hazard sign).
- Creams or oils used must be dispensed in such a manner in which the original portion does not become contaminated (no double-dipping).
- Any styptic product used must be single-use and discarded after each client. Styptic pencils cannot be used to stop bleeding on clients. Powder or liquid form is acceptable provided that if direct contact with the skin is required, that it be applied using a disposable applicator.
- See separate fact sheet for disinfection of foot baths/thrones following pedicures fact sheet.

#### *Blood and Body Fluid Exposures*

- Instruments that accidentally break or nick the skin during a procedure must be cleaned and disinfected with a high level disinfectant prior to re-use.
- Record of an accidental blood or bodily fluid exposure must be completed and kept onsite for one year and off site for five years.
- Hepatitis B vaccination is strongly recommended for PSWs.

### **CONTACT YOUR LOCAL PUBLIC HEALTH DEPARTMENT FOR MORE INFORMATION**

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