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, 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.
- 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.
**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.

**CONTACT YOUR LOCAL ENVIRONMENTAL HEALTH PROTECTION OFFICE FOR MORE INFORMATION**