



## **Manicures and Pedicures - Infection Prevention and Control**

### **How do I clean and disinfect my clippers, pushers, drill bits, foot files, metal or glass nail files and other metal re-usable instruments?**

- First, clean the item with soap and water.
- Rinse off all the soap and let it air dry, or pat it dry with a clean single-use towel.
- Soak the whole item in a disinfectant. 70% isopropyl alcohol can be used for 10 minutes.
- For foot files, if the varnish starts to peel off, the item must be thrown in the garbage.

### **Can I clean and disinfect my nail files?**

- Cardboard or plastic core nail files can only be used on one client.
- Metal or glass nail files can be cleaned and disinfected.

### **Can I clean and disinfect my buffer blocks, toe separators, pumice stones and other items like that?**

- No. These items cannot be used on more than one client.

### **Can I throw my razors into the garbage?**

- No. Razors must be discarded into an approved sharps container.
- Sharp containers cannot be discarded with the regular garbage.

### **Should I examine my client's nails for discolouration or infection?**

- Yes. If you see a yellow-green colour on the nail or the skin around the nail looks red or swollen, do not provide service or treat the nail with anything.
- Tell the client to visit their health care provider.

### **Do UV sterilizers disinfect or sterilize my equipment?**

- No. UV light sterilizers are not approved for cleaning, disinfection or sterilization.
- These units can only be used to store instruments that have already been cleaned and disinfected.

### **What should I do if I accidentally cut a client?**

- Immediately clean your hands and put on disposable gloves. Then provide first aid.
- If there is blood on anything, clean and then disinfect with a high level disinfectant. To make your own high level disinfectant, mix 10 ml of bleach with 495 ml water OR mix 2 teaspoons of bleach with 2 cups water. This solution must be made fresh every day.
- Tell the client to immediately seek medical advice.



- Record what happened. Write down the client's name, telephone number and address. Keep this accidental exposure record on-site for at least one year and on file for at least five years.
- Clean your hands after you take off your gloves.

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