

Cleaning and Sterilizing Instruments in Personal Service Settings

To ensure the disinfectant works properly, all instruments **must be cleaned** before sterilization. Where available, follow manufacturer instructions for use or the direction of the Public Health Inspector.

01

Pre-soak

Pre-soak used or dirty instruments in a container with lukewarm water. (Detergent optional)

Container must have a lid and be labelled “dirty pre-soak”.



02

Clean

Clean with warm water and detergent in a designated, approved sink using a small brush for hard-to-reach parts of the instruments.

Use utility gloves and ensure instruments are visible to avoid cutting your hand.

An ultrasonic cleaner may be used.



03

Rinse and Dry

Rinse with clean warm water for 30 seconds.

Dry before sterilization using a clean lint free cloth, soft absorbent towel or air dry in a sanitary manner.

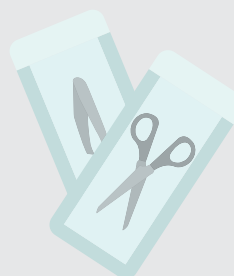


04

Package

Using clean hands or gloves, place instruments in an appropriate sterilization pouch with an indicator.

Place items in the open position and do not place more than one item in package.



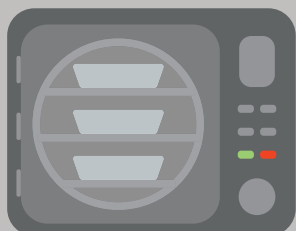
05

Sterilize

Use an approved sterilizer.

Monitor physical parameters, keep records and document on dry packages only.

Conduct spore testing bi-weekly. Ensure indicators change colour, if not, do not use.



06

Store

Store packages at least one meter away from sinks, drains and moisture.

Containers used for storage should be used with a lid, moisture resistant, cleanable and labelled “sterile items”.

