



## **Manicures and Pedicures– Infection Prevention and Control Practices**

### **Before Starting the Manicure or Pedicure**

- Record the client's name, address, telephone number, date and type of service and the name of the person providing the service.
- Keep client, accidental exposure and pre-packaged sterile items records for at least three years with a minimum of one year (365 days) on site.
- Clean your hands.
- Clean the client's hands or feet depending on the service.

### **Examine the Client's Nails for Discolouration or Infection**

- 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 healthcare provider.

### **How To Clean and Disinfect Clippers, Pushers, Drill Bits, Metal or Glass Nail Files and Other Metal Re-Usable Instruments**

- Clean the instrument 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 instrument in an intermediate level disinfectant. 70% isopropyl alcohol can be used for 10 minutes.
- Intermediate-level disinfectants (including 70% isopropyl alcohol) except chlorine bleach must have a Drug Identification Number (DIN) or Natural Product Number (NPN) on the label.
- Store in a sanitary manner to prevent contamination in a clean covered container.

### **How to Clean and Disinfect Foot Files with Removable Stickers and Metal Foot Files**

- Foot files with removable stickers must be cleaned with soap and water, dried and then immersed into an ILD for 10 minutes. Once the varnish starts to peel off, the entire item must be thrown in the garbage.
- Metal foot files require cleaning with soap and water, drying, and then full immersion in a high-level disinfectant for the required contact time after use on each client.
- High level disinfectants (excluding chlorine bleach) must be approved by Health Canada on the [Medical Devices Active License Listing \(MDALL\)](#).
- Keep records for high level disinfectant use for at least three years with a minimum of one year (365 days) on site. [Sample Disinfectant records are available.](#)

### **Using Nail Files**

- Cardboard, plastic, or foam core nail files can only be used on one client, even if the packaging or website indicates it is “sanitizable”.
- These items must be discarded immediately into the garbage.
- Metal or glass nail files can be cleaned and disinfected with an intermediate level disinfectant.

### **Buffer Blocks, Toe Separators, Pumice Stones and Other Items like That**

- These items cannot be used on more than one client.
- These items must be discarded immediately after use.
- These items cannot be saved for the same client for another visit.

### **Disposing of Razors**

- Razors must be discarded into an approved sharps container.
- Sharps containers cannot be discarded with the regular garbage.

### **UV Light “Sterilizer” Units**

- UV light “sterilizer” units are not approved for cleaning, disinfection or sterilization.
- These units are not required and if used, can only be used to store instruments that have already been cleaned and disinfected.
- These units also need to be maintained in a sanitary manner.

### **What to Do if I Accidentally Cut Someone**

- Immediately clean your hands and put on disposable gloves. Then provide first aid.
- 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 records for three years with a minimum of one year (365 days) on site.
- Clean your hands after you take off your gloves.
- Go to Spills of [Blood and Other Body Fluids](#) if blood or other body fluids are on a surface

Questions/inquiries? Please contact BodySafe at [BodySafe@toronto.ca](mailto:BodySafe@toronto.ca) or 416-338-BODY(2639).