

Manicures and Pedicures

Manicures include a variety of procedures on a person's fingernails/hands and pedicures include a variety of treatments of a person's toenails/feet. Procedures include the application and removal of nail polish and false nails, paraffin treatments, nail filing, buffing, and shaping; pushing back, softening, and removing calluses. These procedures involve the use of various single-use and reusable instruments such as nail files, cuticle sticks, nail clippers/nippers, and scissors. Procedures involving live aquatic species such as Garra Rufa (doctor) fish are prohibited as these cannot be disinfected or sterilized after use. Procedures involving live aquatic species are therefore not to be sold, offered for sale, or provided to clients.

Infection risks

Manicures and pedicures can lead to infection through open wounds from a variety of procedures, such as cutting of the skin/cuticles and scrubbing of the skin. This may allow the entry of pathogenic microorganisms (e.g., bacteria, fungus, or viruses). Potential sources of these microorganisms include:

- Use of contaminated and/or improperly reprocessed equipment
- Contaminated environment
- Client's own bacteria on the skin
- Unclean hands touching the treatment area

More specifically for pedicures, nail bed infections and mycobacteria outbreaks have been reported related to the use of footbaths. Also, nail dust may aerosolize fungus and body fluid particles when using a rotary tool during nail care, increasing the risk of respiratory infection.

Additional considerations

Equipment:

- All tools, instruments and equipment are to be stored and maintained in a sanitary manner (e.g., in a clean, covered container) when not in use.
- Single-use instruments and equipment (e.g., disposable emery boards, buffers, toe separators and foam flip flops) are to be discarded after use. Alternatively, these may be offered to the client for personal use at home. Instruments/equipment provided to clients are not to be brought back to the premises for future appointments.
- All reusable equipment/instruments/items (e.g., glass/diamond/metal nail files, nippers, clippers etc.) are to be reprocessed after use.
- Pedicure blades (e.g., credo blades) are not recommended as these can cause cuts to the client's skin and increase the risk of infection.
- If pedicure blades are used, these are to be used once on a single client and discarded into an approved biohazard (sharps) container that is located at/near the point of service.

- Creams, oils, and paraffin wax are to be dispensed in such a manner that the original portion does not become contaminated (i.e., no double-dipping).
- Only single-use styptic products are to be used. These must be discarded after each client. Multi-use styptic pencils are not to be used. Powder or liquid forms of styptic are acceptable if these are applied using a disposable applicator.

Client Safety:

- Operators are to advise clients to avoid shaving their lower legs for 24 hours before a pedicure in order to avoid skin abrasion, which can increase the potential for infection.
- Prior to service, operators are to examine the client's nails for signs of infection.
- Operators are not to provide nail services to a client who has signs of a nail infection. The operator is to advise the client to see their doctor for assessment and treatment.
- Operators are not to provide treatment to clients or apply any fungal ointment to the client's skin. Fungal ointment should not be on site.
- Prior to providing nail services, operators are to direct clients to perform hand hygiene using alcohol-based hand rub (ABHR) if hands are not visibly soiled, or using soap and water if hands are visibly soiled.
- Operators are not to use nail adhesives containing methyl methacrylate (MMA).
- Operators are to avoid breaking the client's skin, especially when cutting cuticles or filing the nails. Ideally, cuticles are to be left intact to reduce potential exposure to infectious agents.

Reprocessing Classification

Semi-critical <i>High-Level Disinfection</i>	Non-critical <i>Intermediate-Level Disinfection</i>	Non-critical <i>Low-Level Disinfection</i>	Various classifications <i>Single-Use, Disposable</i>
<ul style="list-style-type: none"> • Grater-style foot files 	<ul style="list-style-type: none"> • Acrylic tip cutter • Cuticle scissors, nippers, pushers, scrapers, and cutters • Diamond drill bit for acrylic nails • Foot files with removable adhesive/abrasive stickers or metal foot files • Metal, diamond or glass nail files • Nail-cleaner scoops • Nail clippers • Pedicure bowl, recirculating foot tub or footbath • Reusable metal rotary tool bit 	<ul style="list-style-type: none"> • Callus blade (credo blade) holders • Metal rotary tool handle • Flip flops or slippers for multiple-client use (may be laundered if applicable: i.e., cloth slippers, not foam slippers) • Manicure bowls and trays • Nail-drying stations, tables • Tweezers for applying nail art • UV and LED curing lights 	<ul style="list-style-type: none"> • Abrasive pads for removing calluses • Bags used for paraffin wax treatments • Callus blades (credo blades) • Buffing blocks • Rotary tool sanding bands • Emery boards (paper or foam) • Foam flip flops/toe separators • Orange or wood sticks • Paraffin wax and waxing applicators • Pumice stones • Single-use PPE (gloves, masks, gowns, eye protection) • Sponges • Tub or basin liners

Sources:

1. Ontario Agency for Health Protection and Promotion (Public Health Ontario). Guide to infection prevention and control in personal service settings. 3rd ed. Toronto, ON: Queen's Printer for Ontario; 2018. Available at: <https://www.publichealthontario.ca/-/media/documents/guide-ipac-personal-service-settings.pdf?la=en>
2. Health Protection and Promotion Act. Ontario Regulation 136/18 Personal Service Settings. Available at: <https://www.ontario.ca/laws/regulation/180136>

This fact sheet is based on PSS best practices recommendations, current reprocessing standards and legislation. It is not an inclusive list of all requirements. Operators are responsible to ensure that all services are offered according to local requirements, best practices and, legislation.