

# How to Avoid Infections From Nail Salons

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# **The podiatrist giving this lecture is an expert about nail salon pedicure infections**

- \* Ask the podiatrist how to find a safe salon if you still have questions after the lecture.**

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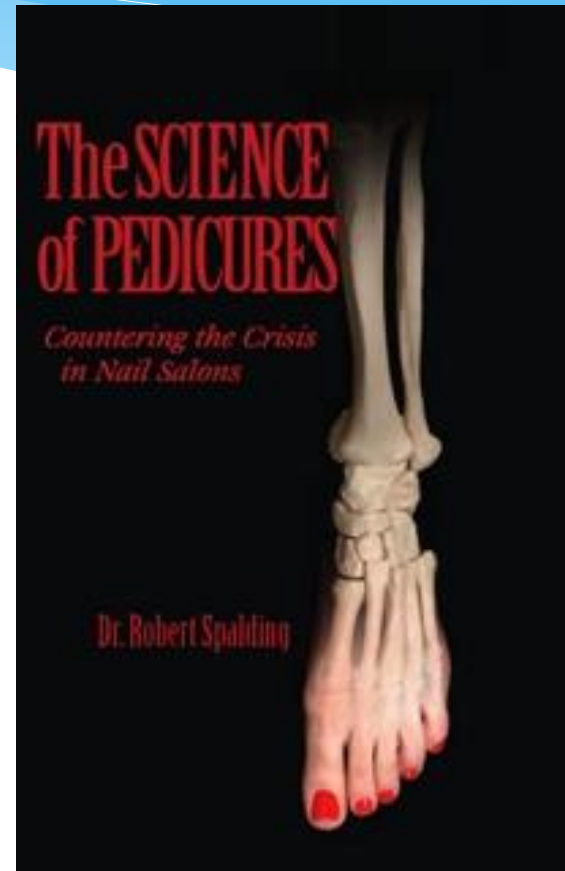
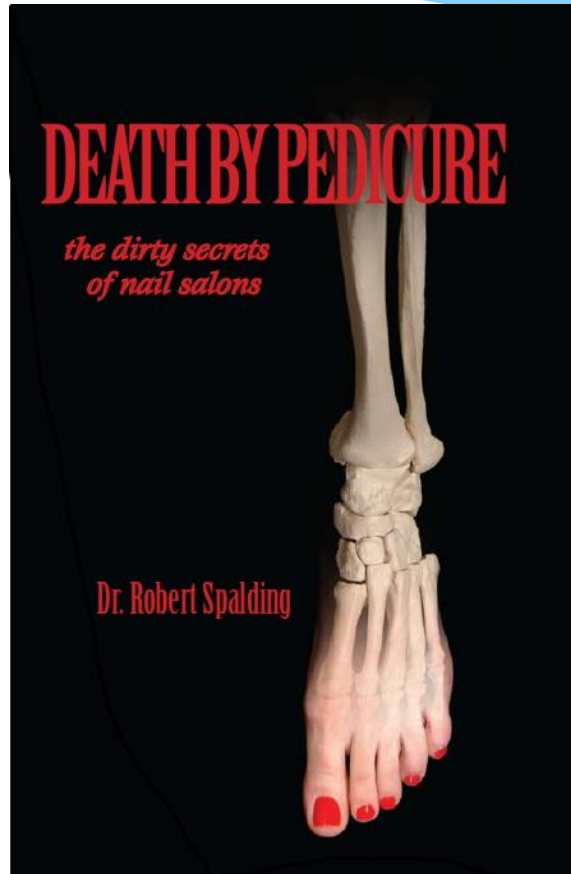
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The Following Lecture comes from two books you can purchase at Amazon.com



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# Historically

Previously, most physicians when asked by their patients,

**“Where is a safe nail salon to get my nails done”**

*would answer*

**“ There is no safe place to get your nails done”**

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# What would patients then do?

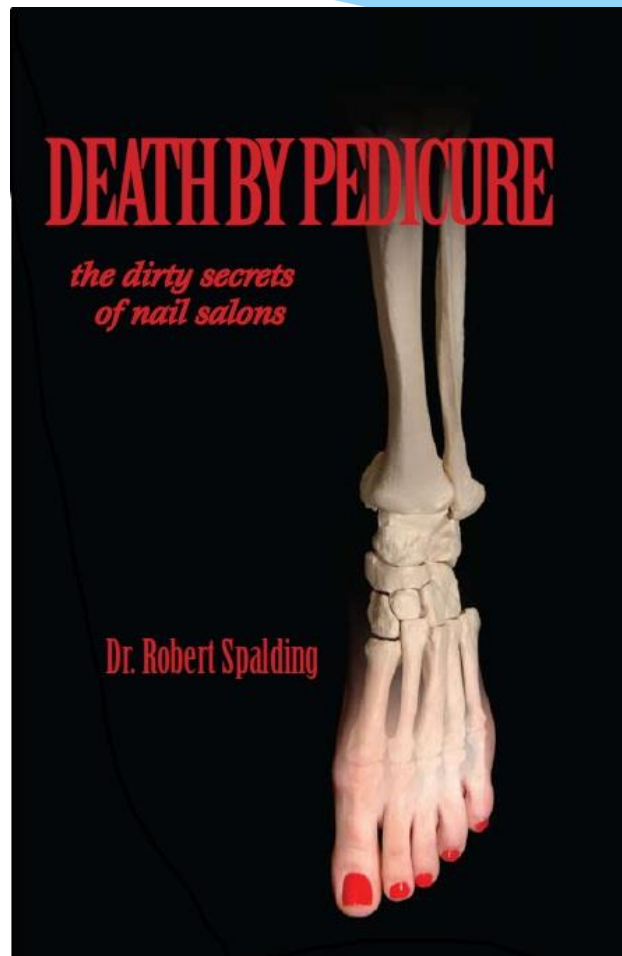
- \* They would go find a salon without the help of the doctor's advice.**

# Why do Doctors say,.....

## “ Don't go to any salon”

- \* An estimated **one million people per year** contract, or are exposed to, infections from salons such as:
  - \* 1. **Staph/MRSA infection** from Salon Micro Trauma (SMT) by servicing ingrown nails out of scope of practice **and Pseudomonas infections (Greenies)** from improper application of artificial nails, and/or maintenance of artificial nails.
  - \* 2. Repeated exposure to **Nail Fungus** from contaminated instruments
  - \* 3. **Viral Infections** from servicing “callouses” that are plantar warts, contracted herpetic lesions and hepatitis from razor blade or rasp cutting tools.
  - \* 4. Exposed to **fecal contamination** from water tubs (E.coli & C.diff)
  - \* 5. **Dermatitis or allergies** from improper applications or use of nail enhancement products such as acrylic, uv gel, acrylic dips, gel polish, and similar.

Three deaths from pedicure infections have been publicized since 2006. Hence the book, *Death By Pedicure* ©2006,2008





# Every Podiatrist in every US state will see Infections from Nail Salons almost weekly



Every one of these salon tools can **break**  
the skin and cause **infections**



# Why do Nail Salon infections occur?

- \* 75% of all salons and nail techs (as per years of undercover video evaluation by MediNail professionals) fail to follow their own established state guidelines for even simple disinfection of nail salon instruments used on clients.
- \* The required state guidelines only allow normal nails to be serviced by nail technicians; so simple liquid disinfectants are all that is required by each state. However, nail techs accept clients out of their scope of practice on a daily basis and cause unnecessary injuries that lead to infections. In addition, simple liquid disinfectants are not strong enough to properly decontaminate instruments of the pathogens that lead to infections.
- \* Many people who can no longer care for their feet, cannot clean their feet or reach their feet to cut their thick nails. These individuals will go to nail salons to be serviced instead of podiatrists to save money or due to the fact many do not meet the criteria to file insurance for routine foot care. When salons accept inappropriate clients out of their scope of practice, these foot and nail problems add an unacceptable bioburden to the salon surfaces and instruments nail techs should accept for services.

# Salon Micro Trauma™ (SMT)

(\*Advanced MediNail SSR concept)

- \* Even a simple Nail File or Emery Board used to file the corner of a nail can remove enough skin to create a micro skin injury (hot spot) and cause an infection



**Nails techs need to practice aseptic care techniques. Simple alcohol before and after services is all that is needed**

(\* Advanced MediNail SSR concept)



# Here are the standard answers to finding a safe salon

- \* **Is the salon visibly clean, and does not have a strong odor.** *Indication of proper sanitation and/or good ventilation of potentially harmful vapors.*
- \* **Does the Blue liquid (Barbicide) have any floating debris or not?** *Old way of seeing if the liquid was changed*
- \* **Does the cosmetologist or nail technician servicing you have their personal license posted, and does the name match ?** *Many are unlicensed or lost their certification.*
- \* **Did they thoroughly clean out and circulate a cleaner in the pedicure tub before they used the tub for you?** *Tubs are nice but there are safer ways to soak nicknamed “Soakless” pedicures or “dry Pedicure” using warm wet towels wrapped around the legs, or with pedi-basins that have new liners for every service.*
- \* **Don’t Shave your legs 24 hours prior to a pedicure.** *This prevent portals of infection from Salon Micro Trauma™ (SMT) a concept developed by Dr. Spalding)*



**Improperly disinfected Pedicure Tubs caused an outbreak of 114 skin infection in Watsonville California from the “Fancy Nail Salon” in 2002. One client eventually died. Thousands of skin infections have occurred since over many years with Mycobacterium Fortuitum inoculations. These portals of infections are caused from breaks in the skin from shaving or rough exfoliation with aggressive filing tools like pumice stones**



# Some People think taking their own instruments or storing their own instruments in the salon is the best answer

- \* The problem with this directive is from cross contamination.
- \* The instruments are never actually sanitized, nor sterilized in an autoclave to remove debris build up and will continue a recontamination event.





# **But** those answers alone will not protect you from skin and nail **infections** in a nail salon

- \* There are many other core deficiencies in the entire US salon industry. Most start with outdated educational concepts about how infections occur.
- \* Most states do not have continuing education requirements to update nail tech training in modern safety concepts to protect clients.
- \* Texas is the only state that advocates autoclaves for disinfection of instruments but does not offer proper training how to purchase and operate these devices leading to incomplete education

# Good News

- \* There is now a much higher standard of nail techs that is spreading around the US, trained by MediNail learning center (MLC) making it easier to find a safe salon in many cities.



*We Sterilize*

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# There are much better answers to find a safe salon in many cities



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# Five Simple Steps to a Five Star Safe Salon



MediNail VP & SSR VP Athena Elliott, MNT, CCPMA on Dr. Oz Feb 2015



# 5 Simple questions you ask a nail salon before you book an appointment

(Hint) go to

[www.SafeSalonrating.com](http://www.SafeSalonrating.com)

i.e SSR free phone app

so you don't have to remember



# Ask 5 simple questions before booking your appointment or getting services from a salon



- \* **1. Does your salon follow state standards using liquid disinfection or use a steam autoclave to sterilize instruments?**

*Excellent salons use autoclaves.*

- \* **2. Do your salon use razor blades to cut calluses?**

*Good salons don't use them. They use products that contain urea and gentle filing of the calluses.*

- \* **3. Does your salon use gloves to protect the clients?**

*Top notch salons will always use gloves.*

- \* **4. Are you able to communicate well with the person who answers the phone and with the technician who performs your service?**

*This is important.*

- \* **5. Does your nail technician have advanced training?**

*Excellent salons will have technicians who have obtained advanced training.*

# Easy Way to Remember How to Find a SSR Five Star Safe Salon

\* Just remember the word...

# SALON



# SSR's Five Simple Steps- Five Simple Terms

## The word “SALON” stands for:

- \* **S** Scope Of Practice (SOP) & Referrals (Don't work out of SOP)
- \* **A** Autoclave use in salons to help prevent infections
- \* **L** Learn – Advanced Education & Concepts (MediNail Courses)
- \* **O** OSHA – Personal Protection Equipment (PPE) i.e. Gloves
- \* **N** National Consumer Education – SSR Phone App and this public educational module (Phone App Protects, informs and communicates to the public how to find safe salons or go to [Westerilize.com](http://Westerilize.com))



If you don't do anything other than find a salon who uses an autoclave, do that. Patronize salons that are exceeding state standards



# Barbicide (blue liquid)

- \* Will not kill spore forming bacteria
- \* Has to be mixed daily to be even mildly effective against staph, fungus or viral organisms
- \* 75% of salon fail to properly mix, change daily or clean debris from the instrument prior to soaking the cleaned instruments for the correct time.
- \* Once the instruments are “disinfected” they are simply put back in contaminated drawers or plastic tubs.
- \* **No verification:** You can not tell if an instrument has been cleaned or disinfected in a proper mixed disinfectant, blue Windex or water.
- \* Some Salons will “Cheat” and put dirty instruments in sterile autoclave bags but there are many ways to verify when this has been done



# Why only Autoclaves and sealed instrument packs?



- \* It completely sterilizes, not just disinfects, the instruments from all spore forming bacteria, fungi and viruses.
- \* The instruments remain sterile and sealed until use and only opened directly in front of the client
- \* **5 forms of Verification:** Autoclave Sterilization is the only form of verification to protect the public

You always want to use a salon that **exceeds** state standards, not just meets state standards. Example: use of gloves to prevent infections



**Use nail salons who can tell you which physicians they refer to, who then help treat and return their clients for aesthetics services**



# Communication is essential

- \* Clients should find salons they can communicate with to let them know if the services are not comfortable to prevent injury.

# Current Textbooks that educate salon staff nationally do not have this advanced MediNail safety information

- \* Most nail techs or cosmetologists in the US are not required to obtain continuing education credits (CEUs) to continue working to be licensed in Tennessee. Most other Tennessee professions such as policemen, firemen, nurses, and paramedics require CEUs.
- \* Nail Techs in Tennessee could be licensed to provide services clients for 30 years and yet still not see the inside of a classroom to improve safety of their clients.



**Don't allow the use of sharp cutting  
credo blade razor instruments on  
your feet.**

**The CDC is linking hepatitis infections to the  
use of these instruments**





**Call your State Board of Cosmetology to fill out  
an online compliant form for any salon  
infection or injury.**

**(The Tennessee website is listed below)**

\* **Website**

\* <https://www.tn.gov/commerce/article/cosmo-file-a-complaint>

\* Downloadable complaint paper form

\* <https://www.tn.gov/assets/entities/commerce/attachments/Cosmo-Complaint-Instructions.pdf>

Online Complaint Form

\* <https://www.tn.gov/commerce/article/cosmo-complaint>

*We Sterilize*

\* **WeSterilize.com** is a free national website started in 2002 by Dr. Spalding that helps clients find salons who sterilize with autoclaves.



# Enhanced Nail Polish through your podiatrist can help improve problem nail outcomes (example below)



- \* Kerydin, an FDA approved prescription topical antifungal, actually has a study that shows an increased into the nail bed uptake with special applications of nail polish



# Make sure you obtain services from a nail tech with advanced certifications

- \* It is important that you ask your nail tech what they have done to update their knowledge and skills.



# What kind of advanced Certifications can Nails Techs obtain to practice safe salon services?



- \* Nail Technicians who want to purchase and properly use an autoclave , practice higher level of aseptic care and properly refer problem nails to medical experts such as podiatrists can take this online course

**Podiatrists who want to incorporate  
a Medical Trained Nail Tech in their  
practice can employ a nail tech  
with a MNT certification**





- \* The MediNail Medical Nail Technician (MNT) online course referred to in this lecture is approved for advanced credit by the American College of Foot and Ankle Orthopedics and Medicine (ACFAOM.org) through completing a national advanced MNT bridge certification to become a Clinical Certified Podiatric Medical Assistant (CCPMA) to provide routine foot care in podiatry offices under a DPM direction.



# MediNail Graduates

- \* MediNail learning center has over 500 advanced podiatric trained nail techs (ANTs). Of those, 200 are medical nail techs (MNTs). They are found across the US working in salons or podiatry offices. Over 140 of those are also certified as CCPMAs.
- \* Over 1000 nail techs and salons have taken MediNail's free training webinars and free SSR online training Modules

# For more Information

- \* Contact the podiatrist giving this lecture
- \* Contact MediNails at 423-805-7966 to find out more information for safe operation or get salon staff trained
- \* Go to [www.Medinail.com](http://www.Medinail.com)
- \* Got to [www.WeSterilize.com](http://www.WeSterilize.com) to find a salon
- \* Go to [www.safesalonrating.com](http://www.safesalonrating.com) to rate your salon or learn how to find a safe salon
- \* Go to [www.nailsaloninfectionsurvey.com](http://www.nailsaloninfectionsurvey.com) to report a adverse advent
- \* Read *Death By Pedicure* or the *Science of Pedicures* for more information
- \* Go to [www.ACFAOM.org](http://www.ACFAOM.org) to learn about the CCPMA program