



**For Immediate Release**

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### **PEDICURE ADVICE FROM THE MPMA**

**Lansing, Mich.** – With the warmer temperatures outside, open toed shoes are making their way out of the closet and slipped on underneath beautifully manicured feet. The pedicure season is in full swing!

Unfortunately, not all pedicure facilities offer clean and proper foot care and infections and other foot ailments may arise. The Michigan Podiatric Medical Association (MPMA) shares the following advice for individuals deciding on a location to receive a pedicure:

- Make sure that the instruments used are clean and sterilized. Ask the technician which cleaning procedure they use, as well as the frequency of cleaning.
  - Soaking in alcohol is NOT an approved sterilization method.
  - Sterilization – rather than disinfecting – is the best method. This can be done by using a cleaning agent such as hospital bactericide, fungicide or viricide. Instruments can be sterilized in an autoclave or ultrasonic machine.
  - Make sure the instruments are sterilized after each use.
  - You may consider bringing your own tools – nail nipper, cuticle nipper, cuticle pusher and curette cleaner
- Make sure foot tubs or basins are drained after performing a pedicure to get rid of all the bacteria present. Once all the water is removed, the inside of the tub should be wiped down with an antibacterial cleaner.
- Make sure the technician's hands are clean. The nail technician should wash their hands in between clients. If they do not wash their hands, request that they do, or that they wear gloves.
- *If you are diabetic, pedicures are not advised.* Visit your podiatrist before receiving a pedicure to identify any potential risks.
- Do not allow aggressive cleaning. Nails should be cut straight with slightly rounded edges. If bleeding of calluses occurs, see your podiatrist.
- Discolored or sickly nails should be treated by your podiatrist.
- Since polish hides the nails from the sun and can foster fungus, you may wish to limit the use of polish to special occasions. However, keeping your feet clean, nails trimmed and skin moisturized for summer sandal wearing is recommended.

To find an MPMA podiatrist near you, visit [www.mpma.org](http://www.mpma.org).

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**About the MPMA:**

The Michigan Podiatric Medical Association (MPMA) has been dedicated to serving and protecting the public's podiatric health and maintaining the highest standards of ethical conduct among its members for over 100 years. The four main objectives of the organization are: to improve the quality of foot care; to promote the importance of foot health among the general public and health care professionals throughout the state; to increase awareness of the art and science of podiatric medicine and surgery; and to provide continuing medical education to podiatrists. [www.mpma.org](http://www.mpma.org)

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