

AcaciaAnswers

with Dr. Gary Cicio

Could I have gotten an infection from my last pedicure?



- Dr. Gary Cicio, DPM, DABPS, CPC.
- Diplomat, American Board of Podiatric Surgery Board Certified, Foot & Ankle Surgery
- Podiatrist, The Acacia Network



an independent outside monitor to insure appropriate levels of safety and sterility are maintained. My only advice to those who seek the services from independent nail salons is BUYER BEWARE.

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Dear Doctor,
I got a pedicure about 2 months ago at a dingy-looking shop. Since then, the skin around my toes has been looking nasty. Could I have gotten a fungus from the pedicure place? How do I get rid of it?

Eduardo

Dear Eduardo,

Although it's nearly impossible to pinpoint where you may have picked up an infectious agent— be it fungal, viral or bacterial— this is NOT an uncommon complaint from those who frequent nail salons (dingy or otherwise). The following is a statement published by the NY State Division of Licensing Services: "Although many consumers do not think that health and safety issues are serious considerations when getting a facial, body wrap, waxing or having their nails done, most beauty treatments involve actions that can be

dangerous, if not performed by properly trained and licensed personnel. Bacterial infections, transmission of diseases, adverse reactions to substances and other physical injuries can all be the result of improperly performed treatments."

Nail Specialist is one of five designations of beauty specialists licensed by New York State. Maintaining an appropriate level of cleanliness and sterility is an obligation of the license holder.

If you feel that you have

contracted an infection, it is best to seek the opinion of a licensed medical professional. Infections of the skin and/or nails can be assessed by your podiatrist, primary care physician, or dermatologist. There are a number of topical antifungal agents on the market that can be prescribed by your doctor to treat these local infections. Particularly severe infections, depending on their composition, can be treated with a combination of oral and topical antifungal and/or antibiotic

agents. Additionally, your podiatrist or other healthcare provider may be able to help you remove severe calluses or moisturize the dry skin on your feet, making suspicious pedicures unnecessary.

At Acacia Network's Family Health Care Clinics, we use heat and pressure autoclave sterilization for all of our patient care equipment, including tools used to file foot calluses and other podiatric procedures. These sterilization procedures are standard practice and overseen by

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