

皮膚 穿刺行業

控制感染建議指引

Recommended
Guidelines on
Infection Control

For Skin Penetration Practice



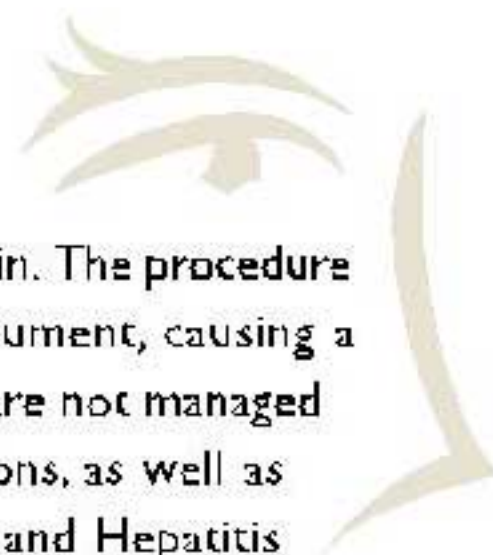


引言

皮膚穿刺可在身體多個部位進行，包括耳朵穿環、身體穿環、紋身，以及某些美容護理程序。皮膚穿刺的程序涉及技術員以利器穿刺顧客的皮膚，破壞皮膚的完整性。如果程序不妥善可導致細菌及真菌感染，與及病毒感染，如後天免疫力缺乏症病毒（愛滋病）、乙型肝炎或丙型肝炎，受感染人士的病徵或病狀未必會即時出現，對 **技術員及顧客** 都構成風險。技術員應該採取適當預防措施，減低傳染病的傳播機會。

Introduction

Skin penetration in these guidelines refers to ear piercing, body piercing, tattooing and certain procedures in beauty treatments involving piercing of skin. The procedure involves the operator piercing the skin of the client with a sharp instrument, causing a breach in the skin integrity. Where procedures involving skin penetration are not managed correctly, they have the potential to transmit bacterial and fungal infections, as well as viral infections such as human immunodeficiency virus (HIV), Hepatitis B and Hepatitis C. Infected persons may not immediately develop signs or symptoms of the diseases. Risks exist for both the **operator** and the **client**. Operator should take necessary precautions to reduce the transmission of infectious diseases.



個人方面

良好的做法是假設所有血液及身體組織 / 體液都可能導致感染，以便採取全面的預防措施，保障技術員及顧客。標準預防方法包括使用**阻隔物**及透過一些**措施**，避免接觸血液及身體組織 / 體液當中可導致感染的媒介。

洗手

- 技術員須於水龍頭下以流水及肥皂液洗手，沖洗乾淨之後，以用完即棄紙巾徹底抹乾雙手。
- 程序前後及程序中斷時必須洗手。
- 請於「**附錄一**」參閱正確洗手方法。

手套

- 技術員如有可能接觸到顧客的血液，須戴上手套，作為一道阻隔，保護雙手免受污染。
- 為另一位顧客服務或於中途從事其他活動時，應更換手套。
- 如手套破裂，應即洗手並戴上新的膠手套。
- 穿戴手套不能替代洗手程序。
- 程序進行時如直接接觸已滅菌的物品，必須穿上已滅菌的手套。
- 穿着已滅菌的手套時，要避免接觸未經滅菌的物品及表面。

顧客皮膚的預備

- 接受穿刺的部位必須消毒，並且沒有割傷、傷口、丘疹、疣或其他不正常的情況。
- 程序開始前，先以適合的抗菌劑（例如70%酒精、水溶或酒精配方的聚維吡酮碘）拭擦顧客的皮膚，然後待其乾透。
- 技術員須確保抗菌劑沒有過期。

其他

- 技術員須穿著保護袍或圍裙，如弄髒了必須更換。
- 技術員的皮膚如有割傷或擦傷，須消毒及以防水的膠布覆蓋。膠布弄髒了必須更換。
- 如意外弄傷流血，應即時擠出血液，在水喉下沖洗，消毒後再貼上防水膠布。
- 技術員須修剪個人指甲，並確保指甲衛生。

Personal Care

It is good practice to assume that all blood and body tissues/fluid are potential sources of infection. This assumption forms the basis of standard precautions taken to protect operators and clients. Standard precautions involve the use of **barriers** and **practices** that prevent contact with potentially infectious agents contained in blood and body tissues / fluid.

Hand washing

- The operator should clean hands with soap and running water; rinse well and dry hands thoroughly with a disposable paper towel.
- Hands should be washed immediately before and after attending a client or when the procedure is interrupted.
- There is detailed information about good hand washing in the 'Annex I'.

Gloves

- Single-use gloves must be worn if direct contact of blood is anticipated during the skin penetration procedures as a physical barrier to protect their hands from contamination.
- Gloves must be changed when attending another client or when changing activities.
- If gloves are torn, hands should be washed immediately before putting on a new pair of gloves.
- The use of gloves does not substitute the need for hand washing.
- Sterilized gloves must be worn when coming into direct contact with sterilized items during the procedure.
- Avoid touching non-sterile items and surfaces while wearing sterile gloves.

Client's skin preparation

- The operating site should be disinfected, free from cuts, wounds, pimples, warts or abnormalities.
- Before commencing the procedure, the client's skin should be wiped with a suitable antiseptic, such as 70% alcohol, aqueous or alcoholic formulations of povidine iodine, and allowed to dry.
- Operators should make sure the antiseptic has not expired.

Others

- Operator is also advised to wear protective gown or apron and have them changed when soiled.
- Cuts and abrasions on exposed skin of the operator should be disinfected and covered by water-proof plaster which should be changed when soiled.
- In case of accidental injury, encourage bleeding from wound, rinse under running water, disinfect, then cover up the wound with a water-proof plaster before returning to work.
- Operators should trim their finger nails and ensure the nails in good hygienic conditions.

環境衛生

- 工作環境必須時常保持清潔。工作範圍須光線充足及空氣流通。
- 所有工作平面須平滑及不透水，以便每次程序完成後能徹底清潔及消毒。
- 程序進行時直接接觸顧客皮膚的家具及其他設備須不透水及容易清潔。
- 程序室必須與清潔器具的地方分隔。用過的器具應立即遷往潔具室處理；已消毒之器具須收藏於指定的貯物櫃/室。
- 皮膚穿刺程序進行的範圍內，須有自來水供應的洗手盆、梘液及用完即棄紙巾供洗手之用。
- 皮膚穿刺程序範圍應嚴禁吸煙及飲食。
- 如有需要清潔食物或食具，應另行安裝洗滌盆。



Environmental Hygiene

- Work area must be maintained in a clean state at all times. The work area should be well lit and well ventilated.
- All work surfaces should have a smooth and impervious finish, so that thorough cleansing and disinfection can be carried out after every procedure.
- Furniture and other fittings that come in direct contact with the client's skin during the procedure should be impervious to moisture and easily cleanable.
- Cleaning of equipment must be done in a location separate from the procedure room. Used equipment shall be taken to the cleaning room immediately after use. Designated storage cupboard/room should be reserved for keeping sterilized equipment only.
- A hand basin with running water should be located within the work area, and liquid soap and disposable towels in suitable dispensers should be supplied to facilitate hand washing.
- Smoking, eating and drinking should be prohibited in the work area.
- A separate wash basin should be used if cleaning of food or eating utensils is necessary.

用具及儀器的處理

- 使用適當的器具穿刺不同部位的皮膚，例如穿耳槍只用於穿耳，不適用於身體其他部位。
- 所有皮膚穿刺用的針及利器必須預先滅菌。
- 在可能範圍內，盡量使用即用即棄、預先包裝及滅菌的用具或儀器，否則要徹底消毒才可重複使用。
- 在滅菌或消毒前必須在流水下清洗器具，並用清潔劑浸洗，然後再沖洗乾淨。
- 以下各種可供選擇的滅菌/消毒方法：

① 蒸氣滅菌法

- 高壓蒸氣滅菌器會被用作器具滅菌之用。滅菌程序應依照說明書的建議，例如使用溫度121°C達十五分鐘、或使用溫度132°C達四分鐘，又或使用溫度134°C達三分鐘，即可達至滅菌的功效。但此滅菌法只適用於能抵受高溫的器具。
- 注意事項：微波爐、家用的焗爐、壓力煲及水煲不能作器具滅菌之用。

② 熱力消毒法

熱力消毒法可以有效地把器具消毒。首先將器具放入清水內，然後待水滾後至少再煲十分鐘，最好用計時器計算時間。

③ 化學劑消毒法

- 器具浸於70%火酒內十分鐘。但要注意酒精為易燃物體，要遠離火焰；或
- 器具浸於稀釋漂白水（1份漂白水加4份清水）內十分鐘，再用清水過淨。但要注意漂白水對精細儀器有腐蝕性，不宜以此方法消毒。
- 每天要重新更換化學劑。

- 所有用完即棄或者不能消毒或殺菌的設備、工具及用品均不得循環再用，使用過後必須棄掉。
- 設備及工具須適用於有關的穿刺程序，並保持清潔衛生。

Handling of instruments and equipment



- Use appropriate instrument for piercing particular part of the body. For example, ear piercing guns are not appropriate for use on other parts of the body.
- All needles and sharp instruments used for skin penetration must be sterilized.
- Whenever possible, disposable, pre-packed, pre-sterilized equipment intended for single use only should be used. Alternately, equipment must be thoroughly sterilized before reuse.
- The instruments should be washed with detergent and warm water to remove soil on the surface. Cleaning must occur as a first step before the sterilization/disinfection process.
- There is a variety of options for sterilization/disinfection:

① Steam sterilization

- The instruments which can stand for high temperature should be sterilized in an autoclave. If the autoclave is set to 121°C, it needs 15 minutes for the sterilization process; 132°C for 4 minutes or 134°C for 3 minutes. Always follow autoclave operator manual instructions for sterilization.
- Note: Sterilization cannot be achieved by using microwave oven, domestic oven, pressure cooker or boiling pot.

② Boiling method

The instrument can be effectively disinfected with boiling water. Leave instruments for a minimum of 10 minutes after water returns to the boil. Use a timer with each process.

③ Chemical disinfection

- The equipment should be soaked in 70% alcohol for 10 minutes. Alcohol is a highly flammable substance and care must be taken to keep it away from flames; or
- The equipment should be soaked in diluted bleach (1 part of bleach to 4 parts of water) for 10 minutes and rinse clean. Bleach is corrosive to delicate equipment and is therefore unsuitable for such equipment.
- The chemical agent should be changed daily.

- All equipment, instruments and supplies intended for single service use and those that cannot be disinfected or sterilized must not be used more than once and must be discarded after use.
- The equipment and instruments should be maintained in a clean and sanitary condition.

沾污物件和環境的處理

- 被血液沾污的地方或日用織品如床單、衣物、毛巾等須馬上清潔：
 - ① 穿上家庭用膠手套或即用即棄膠手套；
 - ② 以稀釋漂白水（1份漂白水加4份清水）覆蓋/濕透；
 - ③ 待十分鐘；及
 - ④ 以清水徹底洗淨。
- 所有廢物包括工作過程中使用過的紙巾、棉花、敷料及手套等，須放進膠袋內，並將之封好，方可棄置。
- 廢棄不用的針須放進有蓋、防刺穿及貼有「利器」字樣的容器內。
- 利器專用的容器最多只宜放滿總容量的三分之二，而且須封好，以免容器內的利器溢出。在容器的各面貼上「利器」字樣，方可棄置。

提供資料予顧客

注意皮膚穿刺只適宜對完全明白風險以及所涉問題的顧客施行，亦須為顧客提供皮膚穿刺後的傷口護理。資料包括以下各項：

- 穿刺部位須保持乾爽。
- 如需接觸飾物，雙手必須清潔。
- 不要緊緊蓋着或包紮着穿刺部位，以免阻礙空氣流通。
- 留意併發症可能引起的病徵，以及進一步尋求協助的途徑。
- 如果穿刺部位的紅腫或痛楚二十四小時內沒有改善，顧客應請教醫生。
- 如要增加穿孔的大小，必須待穿孔完全癒合後方可進行。

請於「**附錄二**」參閱更多有關耳朵及身體穿環的資料。

記錄資料

必須準確記錄每位顧客的資料，包括姓名、聯絡的地址或電話、接受皮膚穿刺的日期、穿刺部位、所進行的程序及技術員的姓名。如日後懷疑感染，這些記錄將相當有用。

Management of contaminated items and the environment

- Areas or items such as linen, clothing etc. contaminated with blood should be decontaminated immediately:
 - ① put on a pair of household rubber gloves or disposable latex gloves;
 - ② covered / soaked in diluted bleach (1 part of bleach to 4 parts of water);
 - ③ leave for 10 minutes;
 - ④ then clean and rinse thoroughly with water.
- All waste including used paper towels, cotton wool, dressing and gloves etc. should be put into a plastic bag which is properly sealed off before disposal.
- Used needles should be put into a covered and puncture resistant container with a 'SHARPS' label
- The sharps container should not be filled to over two-third of their capacity and should be sealed to prevent the spillage of their contents. Label all sides of the container with the word 'SHARPS' before disposal.

Information to clients

It is important that skin penetration should be administered only to clients who understand fully the risks and implications of the procedure. Clients should also be given advice on wound care after skin penetration. They should include the following information:

- The pierced area should be kept dry.
- The jewellery may be touched only with clean hands.
- The pierced area should not be tightly covered or bandaged to allow ventilation.
- The signs suggestive of complications and where to get further assistance.
- If redness, swelling or pain at the pierced site does not improve within 24 hours, clients should seek medical advice.
- No attempt should be made to increase the size of the piercing until it is completely healed.

There are more information about ear and body piercing for clients in the '**Annex II**'.

Records of information

It is essential to keep accurate records for each client including the client's name, address or phone number, date of procedure, operator's name, and site of procedure. Information contained in records may be useful if any infection occurs.

正確洗手方法

甚麼時候應洗手？

技術員為顧客進行皮膚穿刺程序前後及程序中斷時，必須洗手。此外，在以下情況亦應洗手以保持個人衛生：

- 在接觸眼、鼻及口前。
- 進食及處理食物前。
- 如廁後。
- 當手被呼吸道分泌物染污時，如打噴嚏及咳嗽後。
- 觸摸過公共物件，例如電梯扶手、升降機按鈕及門柄後。

正確洗手步驟：

- ① 開水喉洗濯雙手。
- ② 加入梘液，用手擦出泡沫。
- ③ 最少十秒時間洗擦手指，指罅、指甲四周，手掌和手背，洗擦時毋須沖水。
- ④ 洗擦後才用清水將雙手徹底沖洗乾淨。
- ⑤ 用乾淨毛巾或抹手紙徹底抹乾雙手，或用乾手機將雙手吹乾。
- ⑥ 雙手洗乾淨後，不要再直接觸摸水龍頭，例如用抹手紙包裹著水龍頭，將水源關上。

注意：

- 絕對不要與別人共用毛巾或紙巾。
- 抹手紙用後應妥為棄置。
- 抹手毛巾應放置妥當，並應每日至少徹底清洗一次，如能預備多條毛巾供替換，則更為理想。
- 如沒有洗手設備而雙手並無污跡的情況下，可用含 65-95% 酒精的洗手消毒劑消毒雙手。



Guidelines for good hand washing

When should we wash our hands?

Operators should wash their hands immediately before and after attending a client or when the procedure is interrupted. In addition, we should also develop good personal hygiene practice and wash hands in the following conditions:

- Before touching the eyes, nose and mouth.
- Before eating or handling food.
- After using the toilet.
- When hands are contaminated by respiratory secretions, e.g. after coughing or sneezing.
- After touching public installations or equipment, such as escalator, handrails, elevator control panels or door knobs.

Steps for good hand washing:

- ① Wet hands under running water.
- ② Apply liquid soap and rub hands together to make a soapy lather.
- ③ Away from the running water, rub the front and back of hands. Massage all the finger tips properly including the thumb, the web of the fingers, around and under the nails. Do this for at least 10 seconds.
- ④ Rinse hands thoroughly under running water.
- ⑤ Dry hands thoroughly with either a clean cotton towel, a paper towel, or a hand dryer.
- ⑥ The cleaned hands should not touch the water tap directly again. The tap may be turned off by using the towel wrapping the faucet.

Please note:

- Towels should never be shared.
- Used paper towel should be properly disposed of.
- Personal towels to be reused must be stored properly and washed at least once daily. It is even better to have more than one towel for frequent replacement.
- Rub hands with a 65-95% alcohol solution to disinfect the hands when hand washing facilities are not available and the hands are not visibly soiled.

給顧客更多 關於耳朵及身體 穿環的資料



正常的穿環：

- 可能會有觸痛、痕癢、輕微發紅或青腫，持續數個星期。
- 最初數天可能會輕微出血。
- 可能會分泌淺黃色的液體(血漿)，並在飾物上結痂。但這些液體並不是膿。
- 穿孔癒合時，可能會在飾物四周收緊，令飾物難以取出。

清潔 / 穿孔癒合過程：

- 向藥劑師諮詢有關配方溫和的抗菌肥皂液。
- 清潔穿孔前，要洗乾淨雙手。先用水洗掉痂，然後一邊轉動飾物(但別超過兩至三分鐘)，一邊輕輕地將少量抗菌肥皂液加進穿孔。接着一邊轉動飾物，一邊用水清洗乾淨。別讓肥皂液殘留在穿孔處。
- 清潔穿孔每天不應超過兩次。清潔太頻密可能會破壞脆弱的皮膚細胞，而清潔不足則可能會導致感染。非清潔時，請勿觸碰穿孔。
- 口部穿環的人士，進食後、吸煙後或放任何東西進嘴裏後都要用抗菌漱口水漱口，以免新的皮膚細胞受損。另外，每天應以配方溫和的抗菌漱口水消毒傷口兩次，持續一個月。
- 穿臍環的人士，穿環後半年至一年內應避免佩帶腰帶或穿著緊身褲子或貼身衣物。
- 生殖器穿環的人士可使用衛生護墊吸收多餘的水分，同時保護傷口。避免穿著貼身、刺激皮膚或阻礙空氣流通的衣物。進行性行為時應盡量溫柔，並使用安全套，以免穿孔接觸到伴侶的體液。

痊癒所需時間：

痊癒的速度因人而異。不同人士的痊癒所需時間可以有很大差距，而這亦與皮膚穿刺的位置有關。例如舌頭和嘴唇的穿孔可能需要四至八個星期才癒合，而肚臍的穿孔可能需時兩年之久。即使最初的癒合期已過，穿孔也可能需要一年或以上才完全癒合。因此，任何時間都應小心溫和地處理穿孔。

More information about ear and body piercing for clients

A normal piercing:

- may be tender, itchy, slightly red or bruised for a few weeks.
- may bleed a little for the first few days.
- may secrete whitish-yellow fluid (plasma) which crusts on the jewellery; this is not pus.
- may tighten around the jewellery as it heals, making removal of the jewellery difficult.

Cleaning/Healing process:

- Consult the pharmacist about gentle liquid antibacterial soaps.
- Wash hands well before cleansing the pierced site. First let the water help remove any crusted matter. Then put a little liquid antibacterial soap gently into the piercing by rotating the jewellery for no more than 2-3 minutes. Then rinse thoroughly with water, again rotating the jewellery. Do not allow residue to remain in the piercing.
- Clean the piercing no more than twice a day. Cleaning more frequently may damage the delicate skin cells and cleaning less frequently may lead to infection. When cleaning is not in progress the piercing should be left alone.
- With oral piercing, after eating, smoking or putting anything in the mouth, rinse with antibacterial mouthwash to avoid damaging new skin cells. It is also necessary to disinfect the piercing twice a day, for one month, with mild antiseptic mouthwash.
- For navel piercing, avoid wearing belts, tight trousers or restrictive clothing for about 6 months to 1 year.
- Panty shields can be used to absorb excess moisture and cushion genital piercing. Avoid restrictive clothing, irritating clothing or clothing that limits ventilation. Any sexual contact should be gentle and latex barriers should be used to protect the piercing from partner's body fluids.

Healing time:

Everyone heals at a different rate. The average healing time for piercing varies greatly from person to person and depends on the site of piercing. For instance, the tongue and lips may take 4-8 weeks while the navel may take as long as 2 years. Even after the initial healing period, the piercing will still need one full year or longer to completely heal. Always treat the piercing with care and gentleness.

取出飾物：

穿孔最初的癒合期間（一般最少為六個月）不應更換飾物。應告訴顧客，即使穿孔已完全癒合，也應佩帶適合的飾物。如考慮暫時或永久取出飾物，應諮詢技術員意見。

感染的徵狀：

感染的徵狀包括：

- 紅腫
- 穿孔發熱
- 痛楚，尤其是如脈搏跳動或擴散的痛楚
- 分泌不正常，例如呈黃色、綠色或灰色

如受感染，如何是好？

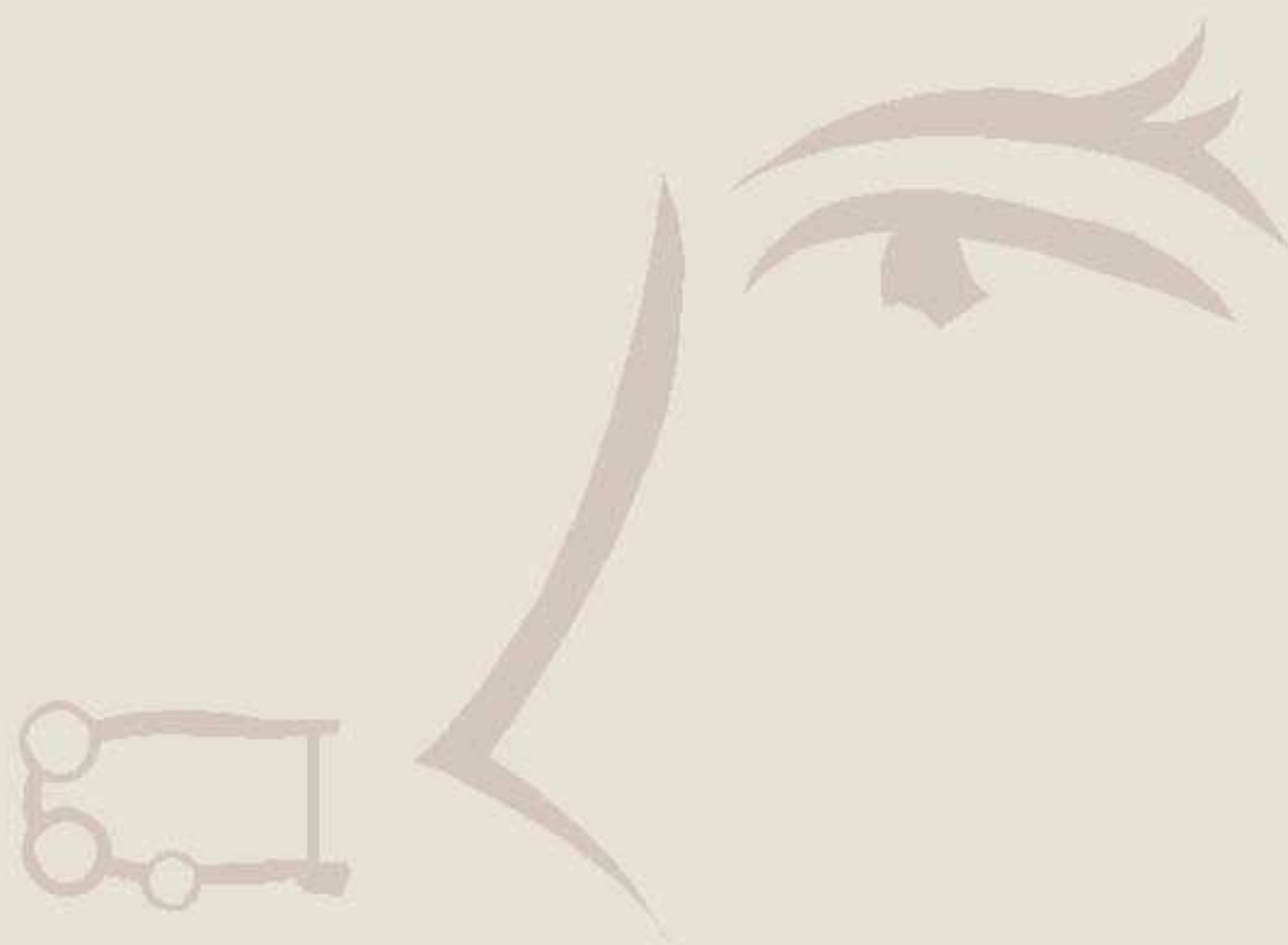
應該看醫生。切勿自行取出飾物，以免阻礙分泌流出，令情況惡化。

如有以下情況，必須請教醫生：

- 穿孔發熱或不適
- 淋巴結（尤其是頸部、腹股溝或手臂以下的淋巴結）腫脹或觸痛
- 發熱或發紅的現象擴散至穿孔以外的部位

可避免的常見問題：

- 過度清潔穿孔、用力清潔或者使用過強的清潔劑可引致與感染相似的病徵。皮膚可能會一觸即痛、發亮，以及分泌透明的物質。
- 穿著緊身或沈重的衣物或者穿孔範圍活動過度，造成的摩擦會令膚色呈現暗紅、令疤痕上結出硬皮（疤痕腫）、流出分泌物，以及對飾物產生排斥 / 飾物移位。
- 壓力、飲食不健康或疾病可能令穿孔需要更長時間癒合，或者導致飾物移位。



Removing jewellery:

Jewellery should not be changed during the initial healing period (often at least 6 months). Clients should be advised to always wear the appropriate jewellery in the piercing, even when fully healed. The operator should be contacted for further advice if removal of jewellery is considered on a temporary or permanent basis.

Indications of infection:

The followings are indications of infection:

- Redness and swelling
- A sensation of heat at the piercing site
- Pain, especially throbbing or spreading pain
- Unusual discharge. It may be yellowish, greenish or greyish

What to do in the case of infection?

If in doubt, consult a doctor at once. Do not remove the jewellery yourself as this may aggravate the problem by closing off the drainage for the discharge matter.

You must seek medical advice if you:

- experience a high temperature or feel unwell
- develop swollen or tender lymph nodes, especially in the neck or groin, or under the arms
- experience heat or redness spreading beyond the immediate area of the piercing

Common problems that can be avoided:

- Over cleaning, vigorous cleaning, or using a cleanser that is too strong can produce symptoms very similar to an infection. The skin may be very tender and appear shiny and there may be a clear discharge.
- Friction caused by tight or heavy clothing or excessive movement of the area can cause dark redness, a hard growth of skin over the scar (keloids), discharge and rejection/migration of the jewellery.
- Stress, poor diet or illness can cause longer healing times or migration of the piercing.



相關網址 Relevant Websites

衛生署 Department of Health: www.dh.gov.hk

衛生防護中心 Centre for Health Protection: www.chp.gov.hk

病毒性肝炎預防服務 Viral Hepatitis Preventive Service: www.hepatitis.gov.hk

愛滋病網上辦公室 Virtual AIDS Office of Hong Kong: www.aids.gov.hk



相關熱線 Relevant Hotlines

24小時健康教育熱線 24-hour Health Education Hotline: 2833 0111

愛滋熱線 AIDS Hotline: 2780 2211