

Wet Combing

What you'll need:



White Hair Conditioner

Traps the head lice, which makes them easier to comb out.



Wide toothed comb

Combs through tangled hair.



Fine toothed nit comb

Combs out lice and nits.



Tissue or paper towels

To wipe comb and see lice better.

Steps for wet combing treatment

Step 1:

- ❖ Don't wet hair before beginning.
- ❖ Saturate dry hair and scalp with conditioner.
- ❖ Cover hair from root to tip.

Step 2:

- ❖ Use wide tooth comb to untangle hair.
- ❖ Part longer hair and section with clips.

Step 3:

- ❖ Use the nit comb to comb through hair quickly.
- ❖ Hold the comb flat against scalp and comb in small sections from root to tip

Step 4:

- ❖ After each stroke wipe comb onto a tissue and look for nits and lice.
- ❖ Also check the comb and remove any lice or nits.
- ❖ Comb each section several times.
- ❖ Wash combs and clips in warm soapy water or in the dishwasher after each use.
- ❖ Wash hair as usual.

Treatment frequency

Treat hair every 2 days for 3 weeks.

Since a new infestation is easier to treat than an established one, after 3 weeks you may use wet combing once a week to check for and remove any lice before they are able to lay more eggs.

Chemical Treatment

What you'll need:

Head lice lotion or foam



Available at most stores and drug stores. Also available by prescription. Always read and follow the directions carefully. Ask the pharmacist any questions you may have.

Water



To rinse chemicals and dead lice from hair.

Towel



To cover eyes and protect from chemicals and to dry hair.

Lice / nit comb



To comb out dead lice and nits.

Ordinary Comb



To spread chemical lotion evenly throughout hair.

Steps for chemical treatment:

Step 1

- ❖ Don't use conditioner for at least a day prior to treatment; it can prevent chemicals from working.
- ❖ Make sure eyes are protected.

Step 2

- ❖ Apply treatment near scalp, then comb from root to tip to spread throughout.
- ❖ If any lotion remains on comb, wipe back into hair and repeat process.

Step 3

- ❖ Most products should be put on dry hair, check manufacturer's recommendations.
- ❖ Leave on hair for the time required according to product directions.
- ❖ Comb out any dead lice/nits with nit comb that usually comes in the package.
- ❖ After allotted time rinse with ample warm water.
- ❖ Do not apply conditioner for at least a day after treatment.

Important follow-up:

- ❖ After a week, treat again using same product and steps to kill any head lice that have hatched since last treatment.
- ❖ If head lice are still found after 2nd treatment, try a different product with a different active ingredient, make an appointment to get a prescription product, or try the wet combing technique.
- ❖ Don't forget to check EVERYONE who lives in the house and treat those with lice all at the same time.