

How to Get Rid of Head Lice



Approaches to removal vary but all have to include manual removal of lice and their eggs to have complete success.

Pesticide base products are available these are applied as shampoos or lotions to the scalp, leaving them on for an instructed period of time, then thoroughly rinsing off. A second application 7 to 10 days follows. These products do not kill the nits (eggs) and you will still need to manually remove them with a high quality lice comb. Follow the manufacturer's directions carefully when using these products as they are potentially harmful pesticides and can have adverse effects.

Itching may continue even after all lice are destroyed. This happens because of a lingering allergic reaction to their bites. Over-the counter cortisone (corticosteroid) creams or Calamine lotion may help.

Your safest approach is an all-natural one.

Even if you chose to use a pesticide product to kill most of the live lice manual removal is necessary to address the eggs or they will continue to hatch.

The wet-combing method is designed on breaking up the life cycle of the louse by manually removing all live lice and their eggs. Lice that hatch after the first comb-out are removed with each following comb-out and long before they have a chance to reproduce and continue the lifecycle.

Wet Combing Instructions



Manual removal of lice and their nits is the safest method of removal and the most important step to clearing up a head lice infestation. Wet-Combing breaks up the reproductive cycle by combing out all lice, nymphs and nits before they have a chance to mature and reproduce. Head lice cannot become resistant to this treatment as no pesticides are used. Cut out the use of potentially dangerous pesticides when treating head lice. To ensure complete eradication of an infestation you have to do your nitpicking.

Wet Combing Instructions:

When getting started it is crucial you use a quality lice comb such as the [LiceMeister®](#). Working with a durable lice comb will save you hours of nitpicking. Use a magnifying glass or we recommend the [Head Lice Magnifying Visor](#) to enable you to see the nits and have free hands to nitpick with. Also needed white hair conditioner, hair clips for separation, a de-tangling comb, pin tail comb, tweezers, a bowl of hot water to rinse the lice comb and white paper towels or rags.

It is helpful to find an area with bright lighting. Make sure the person be treated is comfortable.

Set up a activity for them as this process can be time consuming. Ensure you are also as comfortable as possible, raise the person up to a good working level for yourself. Nitpicking can be tedious work.

1. Liberally apply conditioner on dry hair saturating all hair and scalp.
2. Comb hair with de-tangling comb to remove all knots.

3. Using the pin tail comb to separate the hair into four manageable sections, use the hair clips to hold section in place.
 4. Cleaning one section at a time. Undo first section, using your pin tail comb to take out a thin small section of hair starting at the bottom of the hair line. This hair will be combed out first. Clip back the hair you're not working with.
 5. Position the teeth of the lice comb as close to the root of the hair shaft as possible, and then pull the comb through the full length of the hair, from the root to the tip. Inspect all sides of the small section of hair for nits or live lice. If any lice or nits remain use tweezers to pull off.
 6. Continue taking small section working your way up until all hair in section has been combed. Rinse and wipe the comb after every pass.
 7. Continue combing through each section in the same manner when the section has been cleared clip back out of the way and continue till all four sections have been cleared.
 8. Once all sections have been combed out, remove the separation clips.
 9. Finish up by passing the lice comb through the entire thickness of hair working from the crown to the tip. If the comb is pulling add a spritz of water to re-moisten the hair. Make several passes combing around the entire head. Wipe the comb between passes on a paper towel or rag, thoroughly inspect for lice and nits.
 10. Rinse out the conditioner and style hair as usual.
 11. Soak all tools in hot soapy water, wash towels and rags in hot water and dry using hottest setting. A good quality comb like the LiceMeister® can be boiled for 1 minute to sterilize.
- Follow these instructions every 3 days for two weeks or until you have successfully combed out twice without finding any evidence of lice and or nits.

Screen weekly for one month to confirm complete removal of all lice and their nits.

Keep in mind that head lice removal is a process there is no quick fix to eradicating these pesky critters but it can be done in a safe fashion.

Head Lice and your environment.

Head lice are not able to survive off their human host past 48 hours. They dehydrate at a very fast rate and die. Focus your cleaning in the areas where the infested person has been in the last 2 days.

Cleaning or fumigating your entire home is not necessary. Homes don't get head lice, people do! Daily cleaning is not necessary. On the day you start treatment and remove the mature live lice then there are areas in your home and vehicle to clean. Vacuum any upholstered furniture, booster seats and car seats. Focus on areas where family members share the same space these are usually seating areas. Dry bedding and other items in a hot dryer for 30 minutes this will kill any live lice. Items that cannot be dried can simply be set aside for 48 hours if there is a live louse on the item it will dehydrate and die. Hair

accessories, combs, brushes and lice combs can be easily cleaned with hot soapy water or not used for 48 hours.

To get rid of lice or nits from items like hats or pillowcases:

- Wash the items in hot water and dry in a hot dryer for 15 min; or
- Store the items in an airtight plastic bag for 2 weeks.

Children with head lice should be treated and can attend school or child care as usual.

'No-nit' policies that keep children with head lice away from school are not necessary because:

- Head lice are common among young children.
- Head lice don't spread disease.
- Cases of head lice are often misdiagnosed.
- Children can have head lice for several weeks with no symptoms.

If your child has head lice, treat it. Teach your child to avoid head-to-head contact with other children until the lice are gone. Children should not share combs, hairbrushes, caps, hats or hair ornaments.

When it comes to head lice there are some basic things one needs to know.

First DON'T PANIC in the big scheme of things Head Lice is definitely manageable.

Head Lice Treatment is a process there is no one time treatment. Proper follow up is crucial!

The average infestation takes between two and three weeks to clear up.

Once the adult lice have been removed you should be back to your regular routine while you are finishing up the removal process.

Children should not miss school because of head lice.

Informing school, family and friends to be on lookout for lice is extremely beneficial.

The sooner you find head lice the easier treatment is.

Home don't get head lice people do focus your energies on your nitpicking not your environment.

Remember any one can get head lice it is all in the timing.
(90% of the time it is head to head contact with someone who has an active infestation).

