

How to Get Rid of Head Lice

Treat the household:

To remove head lice/nits from your household perform routine cleaning, including vacuuming of carpets, rugs, furniture, car seats and other fabric covered items. Launder all linens and clothing worn or used by the infested person. Only items that have been in contact with the head of the infested person in the 48 hours before treatment need be considered for cleaning.

Although rarely necessary, some experts recommend that items that may be contaminated by an infested person, and that cannot be laundered or dry cleaned, should be sealed in plastic bags and stored for two weeks to kill any lice that already are present or that might hatch from any nits that may be present on the items.

Treat the person:

To remove head lice/nits from a person use the wet combing method, this is the safest and easiest way to get rid of head lice.

This is the most important step in the removal process and must be done regardless of whether or not you decide to use over the counter head lice treatments.

Instructions for Wet Combing Method of Getting Rid of Head Lice:

For this process, you will need: a narrow tooth comb, such as a LiceMeister comb, a magnifying visor or magnifying glass, hair clips, white hair conditioner, a detangling comb, tweezers, a bowl of hot water and a rag or tissues.*

**Per the CDC most flea combs will also work.*

- Find a location with good lighting.
- As this process, can take several hours make sure you are comfortable and have something to occupy the person being treated.
- If using a magnifying visor, adjust your visor to your head size.
- Apply enough conditioner on dry hair to thoroughly cover the entire scalp and hair.
- Use a detangling comb to remove knots.
- Separate the hair into manageable sections using hair clips.
- Work one section of hair at a time.
- Open one section of hair and take out a VERY small section of hair from the bottom of the section. This small section will be cleared
- of lice and nits first.
- Place the teeth of the lice comb as close to the root as possible.
- Pull the lice comb through the full length of the hair, from the root to the tip.
- Rinse and wipe the comb after every pass.

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- Inspect all sides of the small section of hair for nits or live lice remaining.
- Use the tweezers to remove any live lice or nits that remain.
- Once clear, remove another very small section of hair from the bottom.
- Clear that small section using the same method.
- Continue working through each section in the same manner.
- When each section is complete, clip the hair up and work on the next section of hair.
- Work around the head clearing up each section concentrating on the hot spots (the areas behind the ears and the nape of the neck).
- When all sections are completed, remove hair clips.
- Use the lice comb to comb through the entire thickness of hair (apply a spritz of water as needed to remoisten the hair).
- After thorough combing and inspection, rinse out the conditioner.
- Wash all towels in hot water and dry in a hot dryer.
- Soak your tools in hot, soapy water.
- The combs can be boiled for one minute to sterilize.
- Follow this procedure every 3 days for 3 weeks.
- Check weekly for one month to ensure complete removal.