

Tips for Removal of Nits and Lice

1. Find a well-lighted area. Natural light is best, such as from a window or going outside. A strong lamp can also be used.
2. Comb out all tangles with a regular comb or brush.
3. Dampen hair if it is not wet. Use a spray bottle to remoisten hair.
4. Part hair into small sections and pin. Start by lifting a one-inch section.
5. Using a special lice comb, begin at the scalp and with a firm even motion draw the comb through to the very end of the strand. Keep the teeth of the comb deep into the hair while pulling. Try combing from the end of the hair toward the scalp if tolerated.
6. With each pass through the hair, clean the comb debris by dipping it into a cup. Wiping with a paper towel or placing under running water.
7. Continue combing until the hair section is clear. You may need to use fingertips or baby scissors on individual hair strands. Then pin the section up and proceed through the rest of the hair.
8. Recheck the head after combing and remove any remaining nits.
9. Recheck daily for two weeks and weekly thereafter. Even with thorough nit removal, eggs can remain. Finding them early is a key to keeping them from hatching and restarting the cycle.

Helpful hints:

- Children become bored easily. Entertain them with a book or a video.
- Take frequent short breaks.
- Use a team approach.
- Use a magnifying glass if needed.
- Metal lice combs work well.
- Make head lice check part of your child's regular hygiene.

