

Instruction Sheet for the Treatment & Removal of Lice and Nits

Please read and follow these instructions carefully. Lice are extremely resilient and **failure** to complete the prescribed treatment may significantly prolong your lice exposure.

DO NOT CUT BOYS' HAIR AS IT MAKES IT MORE DIFFICULT TO REMOVE THE NITS!

YOU WILL NEED THE FOLLOWING:

- A Metal Nit Comb
- A Bag of Shower Caps (package of 3 or more)
- Package of Headbands (at least 1 ½" WIDE)
- Large Amount of Olive Oil
- A Pair of Over the Counter Reading Glasses (+2.25) is Helpful

1. Removal of Lice

Apply Olive oil to scalp, and then thoroughly comb hair with a metal nit comb.

Wipe comb on a slightly damp paper towel to actually see what (nits) are removed and repeat process over and over again until you see nothing on the paper towel.

Good lighting is essential. **All** nits must be removed from the patient's head for the permanent elimination of lice.

A nit is a lice egg glued to the hair, tear drop shape, very small (pin point head/ pencil point) and varying in color from yellowish-brown to white.

- 2. At Night** → Apply more olive oil, then comb through hair, cover head with shower cap and headband. The more saturated the hair is, the more effective the treatment will be. Keep oil on for at least 6-8 hours.

Week 1 and Week 2 → Oil Every Other Night for 14 days

Week 3 → Oil Once in Beginning, Once in Middle & Once at End of this Week.

****You must complete all three weeks (21 DAYS) for complete eradication.****

- 3. In the Morning** → Comb through hair again, remove any nits. Wash oil from hair by using dishwashing liquid, i.e. Joy or Dawn, *be very careful of eyes*. Apply a small amount to oily hair, slowly adding water to work into lather, follow by a thorough rinsing. This is extremely effective at removing the oil.
- 4.** Combs, brushes, hair accessories, kippas etc. can be put in a plastic bag and placed in the **freezer** overnight.
- 5.** On the first day, pillowcases, sheets, jackets and hats should be put in the **dryer** on high heat for approximately 30-40 minutes.
- 6. Vacuum** any area in your home where there might be loose hairs. Couches and upholstered car seats should be vacuumed. This only needs to be done once.
- 7. You must check the head daily for nits and remove any if found.** Brand new nits may take a few days to become visible.

If you have any questions please feel free to call the health office at (516) 487-8687 ext. 115