



## Home Treatment for Head Lice

The American Academy of Pediatrics recommends the following treatment for children with signs of active head lice infestation:

- Over-the-counter products such as NIX or RID are recommended as the first line of treatment.
- IT IS VERY IMPORTANT TO FOLLOW LICE TREATMENT INSTRUCTIONS CAREFULLY AND EXACTLY. Over-the-counter treatments typically require two treatments – the second treatment is recommended to occur 9 days after the first treatment. Pay close attention to the instructions to see if you need to shampoo before the treatment and if it should be applied to wet or dry hair.
- If the instructions recommend shampooing hair prior to treatment, use only a non-conditioning shampoo. Do not use shampoo or conditioners for several days after applying the lice treatment product as it will interfere with the treatment.
- After treatment, hair should be sectioned off and each section carefully combed to remove nits.
- If you carefully comb wet hair daily with a lice comb you have the best chance of finding nits and destroying them. (Combing to remove nits works best with wet hair)
- Metal lice combs work better than plastic. The lice comb must be able to get close to the scalp where live eggs are found.
- *Picking the nits that remain after combing may be necessary in order to remove ALL nits.*
- Tips on how to remove nits by combing:  
[http://www.youtube.com/watch?v=zY4Nvab6uLM&feature=player\\_embedded](http://www.youtube.com/watch?v=zY4Nvab6uLM&feature=player_embedded)
- If you do not want to use chemicals to treat your child, please ask the school clinic worker for instructions for the use of oil or Cetaphil treatments which can also be an effective way to treat head lice.
- Some children will have lice again 3 weeks after treatment. This does not mean that they have been re-infested. Usually it means that nits have hatched. It is easy to miss baby lice and some of the nits. In 2-3 weeks the lice have grown and are reproducing.

**If head lice persist after 2 treatments, please do not treat your child with chemical over-the-counter products again. Please contact your healthcare provider or the County School Nurse assigned to your child's school for alternative treatment options.**