

HERE ARE THE TREATMENT STEPS RECOMMENDED:

DAY ONE:

Not all of the following steps are always necessary for an individual child. If the lice are caught early a single application of Nix may still kill all of the lice and nits. But for stubborn cases, especially during school outbreaks, following all of the steps can actually save a lot of hassle!

- Begin by treating the head of anyone who has lice with an over-the-counter lice preparation such as Nix.
- Carefully comb through the hair using a nit comb. I don't recommend using the combs that come packaged with lice shampoos. Instead, I recommend using a new product that works dramatically better – the LiceMeister.
- After each head is treated, put on a tight shower cap or bathing cap to prevent re-infestation during the cleaning process.
- Now the real work starts! Every surface in your home and your car(s) that has touched a head, or touched an object that has touched a head, must be deloused! All clothes need to be washed in hot water and dried in a hot drier. Even clean clothes that have been hanging in a closet might need to be washed – if a person with lice wears a sweater, then takes it off and puts it back in the closet, any piece of fabric that it touches could become a new home for lice!
- Wash all bed clothing, including bedspreads, pillows, mattress covers – anything fabric. Dry-cleaning and ironing with a hot iron also kills all stages of lice.
- Clothing and bed coverings that cannot be safely washed in hot water can be double bagged in black plastic bags, sealed tightly, and put away for two weeks. At the end of that time, wash the clothing according to normal washing instructions.
- Combs and brushes should be soaked in rubbing alcohol or Lysol for one hour, followed by washing in soapy water.
- Thoroughly vacuum all carpets – even under the beds! Steam cleaning is even better.
- Using a high powered vacuum, thoroughly vacuum all upholstered furniture. Or better yet, have all upholstered furniture professionally cleaned.
- Before you take the shower cap off, be sure to take off all the clothes you've been wearing during this process, put on freshly hot-water laundered clothes, and put your work clothes in the wash.

Another no-no during lice treatment is the use of hair dryers, including blow-dryers. The heat from hair dryers may deactivate the chemicals and undo all your efforts.

DAY TWO THROUGH THIRTEEN:

- Shampoo daily, followed by careful nit combing at least once a day.

DAY FOURTEEN:

- Continue scalp inspections until the lice have left the community – at least for the time being.