

Head Lice Information

Conditioner Method

Method

1. Smother dry hair with conditioner and massage in well. This stops the lice moving so you can catch them easily.
2. Comb hair with a wide tooth comb to remove tangles.
3. Divide hair into tiny sections and comb with metal head lice comb from scalp to tips. Repeat this at least six times for each section, wiping the conditioner off the comb as you go onto a tissue. You will be able to see the eggs (nits) or lice in the conditioner.
4. Pay particular attention to the areas behind the ears and the back of the head. These are the most common areas lice are found.
5. Repeat stage 3 until you can no longer see any eggs or lice. This stage can easily take several hours with thick or long hair, so make yourselves comfortable.

General Information and Tips

Metal head lice combs (more effective than the plastic variety) are available from pharmacies and some supermarkets, although you may find that using your fingernails to remove eggs from hair is the most efficient method.

The conditioner method really does work, but only if done thoroughly. The process should be repeated every day until all eggs and lice are removed.

It has been suggested not to worry about washing bedding, clothing or toys as it was believed that lice could not survive off the human head, but there has recently been anecdotal evidence to question this. You may wish to wash these items in hot water and/or put them in the clothes dryer on a high temperature just to be on the safe side.

Happy Hunting 😊