



TREAT-AT-HOME HELPFUL TIPS



REMEMBER

Combing with a high quality lice removal comb is the most important part (this can be found on our website). All bugs and eggs must be removed to ensure 100% success. In addition, we strongly recommend everyone in the home is checked by combing. This is the best way to determine whether or not each family member has lice. Looking with just your eyes can easily miss head lice, especially if it's a newer or more mild case.

TREATMENT

Keeping up with the comb-outs is key to making sure the lice and eggs are gone. We recommend combing every 3 days for 3 weeks. Shampoo with a pesticide free lice treatment shampoo (some are found on our website) before your first 2 comb-outs.

- Make sure the hair is damp and free of tangles. You can use conditioner to soften the hair. This will make it easier to make sure the comb pulls all the way through the hair.
- Using the Terminator Comb, comb along the scalp and pull straight through the hair ends. After every swipe or few swipes, wipe comb clean on a paper towel. Comb until you get 20 clean swipes (no evidence of lice or nits) on the paper towel.
- Tip: With long and/or thick hair you can work in small layers clipping the rest of the hair up. Start with the bottom of your hair and work your way up. Comb each section until you have 20 clean swipes on the paper towel.
- Remember, don't let your guard down for 3 weeks!

Check out our website for more information and an online DIY removal course.

CHECK EVERYONE IN THE HOUSE

It is very important to check everyone in the home for lice with a lice comb to make sure they are clear. Even people with very short hair can still get lice. You don't want to spend all of your energy working on one person when others in the home may have it. If the child splits their time between multiple homes, check everyone in those homes.

TREATING YOUR HOME

- No throwing anything away! 😊
- Change bedding
- Throw a sheet over the couch for 24 hours or simply lint roll
- Put hair brushes and accessories in the freezer overnight
- Done! (You do not need to bag anything or vacuum)

PREVENTION TIPS

- Keep hair up in braids or a tight bun
- Do not share hairbrushes, accessories, hats or scarves
- Use a mint repellent spray daily and shampoo hair with mint based products to keep the bugs away
- Once a week, take a peek! Comb with the Nit Free Terminator Comb once a week to catch an early case

REMEMBER THESE FUN FACTS!

- Lice cannot hop, jump or fly and in most cases only transfer from direct head to head contact.
- We cannot give lice to our pets and they cannot give it to us.
- Lice die off the head within 24 hours.
- Itching can last up to two weeks after treating.
- Only 50% of people actually itch.