

RECOMMENDATIONS FOR COMB-OUT LICE TREATMENT

Below you will find recommendations if you have discovered lice and decide to treat using the comb-out method.

INITIAL TREATMENT:

Apply white conditioner to DAMP hair. Comb with a lice comb through each section of the child’s head. Continue to comb each section until there are no “black dots” on a paper towel, indicating that lice and most of the nits have been removed. There is no need to wipe comb after each pass, as the comb detaches nits, making them not viable. After each section has been completed, rinse out the conditioner.

THREE WEEK SCHEDULE TO ENSURE ALL NITS ARE REMOVED:

Please note that it is normal to find a nit or two (even, rarely, a nymph) for the first 2-3 comb-outs. By the 4th or 5th comb-out you should see no nits at all.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		CC		CC		OO overnight
Comb out with oil in hair		CC		CC		OO overnight
Comb out with oil in hair		CC		CC		OO overnight
Comb out with oil in hair						

Key:

CC – Conditioner-Comb-Out: Apply white conditioner to DAMP hair. Comb about 30 minutes with a lice comb. There is no need to wipe comb after each pass, as the comb detaches nits, making them not viable. After 30 minutes of combing, rinse out the conditioner.

OO – Olive Oil: Apply to DRY hair. Leave in the hair overnight. You may want to use a shower cap. Comb through the oil using the lice comb, then shampoo out the oil. Adding 1 tsp of dish detergent, such as Dawn, to shampoo helps get the oil out.

MAINTENANCE:

It has been recommended that after this 3 week schedule, you continue to do conditioner-comb-outs 1 x a week for one month. Periodic comb outs as needed throughout the year are wise.

If you have any questions regarding this, please feel free to ask the school nurse.
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