

# Lice Treatment

## Day 1

Over the counter treatment - use as directed.

## Day 4

After first treatment: Gold Listerine, saturate hair for 10 minutes, rinse out, comb out nits.

## Tips

- Comb out nits every day, use lice comb to section off hair. Every time you comb through hair, wipe off comb with tissue, discard tissue (this lessens your chances of getting nits back into hair that you have cleared).
- Use coconut shampoo and conditioner (Suave makes a cheap option)
- Use an over-the-counter lice spray in cars (be sure to get car seats) and on household furniture (getting back on the couch).
- Bag for 2-3 weeks: throw pillows, hats, stuffed animals, hair bands, headphones, or anything that was on the child's bed.
- Wash and 2 dryer cycles: bedding, pillows, sheets, etc...
- Bed pillow: wash and dry as above. Put the pillow in a trash bag, seal with tape. Put a pillowcase over the trash bag and replace every day (this step alleviates washing the pillow every day).
- Sweatshirts & hoodies: before you put in the washer machine, turn hoods right side out.
- Hairbrushes: If you are able to, purchase 4-5 brushes from the Dollar Store. Label 4-5 Ziploc bags. Each day, after the child uses hair brush, remove hair from brush, use spray, and put hairbrush in labeled bag then rotate brushes.
- Retreat according to over-the-counter treatment directions (usually 7-10 days). The treatment will not kill the nits, only the live lice, that is why you need to comb through hair every day.