

HEADLICE TREATMENT

THE WET COMBING METHOD

This method will break the lice/kutu cycle and will only work if the instructions are followed carefully for two weeks. Continue this method until no live lice/kutu are found.

You will need:

- Fine toothed nit comb
 - Hairbrush or wide toothed comb
 - Hair conditioner – any cheap one will do
 - Paper towels, or a clean old cloth
 - Towel for around child's shoulders
1. **Use this method on days 1, 3, 5, 7, 10 and 14 (always brush and comb hair on other days as well).**
 2. Wash hair with shampoo or soap, rinse and towel dry hair.
 3. Apply plenty of conditioner all over the hair **DO NOT RINSE OFF**. Leave hair wet as lice/kutu are less able to move in wet hair. Do not towel dry, place a towel over the shoulders.
 4. Remove the tangles from the hair with a brush or wide toothed comb (Brush and combs can be treated by soaking in hot water [60 degrees C] for 10 minutes.
 5. Divide the hair into sections and fasten off the hair not being worked on, like the hairdressers do.
 6. For the next 20 minutes work systematically through each section of hair using a hard fine toothed comb. It is important to start with *the teeth of the comb touching the scalp*; at the hair roots slowly slide the comb through to the end of the hair.
 7. Clean comb with paper towel, a piece of cloth or rinse in running water to remove the lice/kutu, nits/eggs or skin flakes as you work through the hair.
 8. Repeat 5, 6 & 7 until all sections of hair are completed.
 9. Rinse the conditioner off the hair, then comb again - this is to ensure all the adult lice/kutu are removed.

Make sure you complete 14 days of wet combing.