



2940 Doctors Park Dr., Medford, OR 97504

## Wet Combing Method to Get Rid of Head Lice

The safest and easiest way to get rid of head lice is by using the Wet Combing Method.

**This is the most important step in the removal process and must be done regardless of whether or not you decide to use over the counter head lice treatments.**

### **Instructions for Wet Combing Method of Getting Rid of Head Lice:**

*For this process you will need: a narrow tooth comb\*, such as a LiceMeister comb, a magnifying visor or magnifying glass, hair clips, white hair conditioner, a detangling comb, tweezers, a bowl of hot water and a rag or tissues. \*Per the CDC most flea combs will also work.*

- Find a location with good lighting.
- As this process can take several hours, make sure you are comfortable and have something to occupy the person being treated.
- If using a magnifying visor, adjust your visor to your head size.
- Apply enough conditioner on dry hair to thoroughly cover the entire scalp and hair.
- Use a detangling comb to remove knots.
- Separate the hair into manageable sections using hair clips.
- Work one section of hair at a time.
- Open one section of hair and take out a VERY small section of hair from the bottom of the section. This small section will be cleared of lice and nits first.
- Place the teeth of the lice comb as close to the root as possible.
- Pull the lice comb through the full length of the hair, from the root to the tip.
- Rinse and wipe the comb after every pass.
- Inspect all sides of the small section of hair for nits or live lice remaining.
- Use the tweezers to remove any live lice or nits that remain.
- Once clear, remove another very small section of hair from the bottom.
- Clear that small section using the same method.
- Continue working through each section in the same manner.
- When each section is complete, clip the hair up and work on the next section of hair.
- Work around the head clearing up each section concentrating on the hot spots (the areas behind the ears and the nape of the neck).
- When all sections are completed, remove hair clips.
- Use the lice comb to comb through the entire thickness of hair (apply a spritz of water as needed to remoisten the hair).
- After thorough combing and inspection, rinse out the conditioner.
- Wash all towels in hot water and dry in a hot dryer.
- Soak your tools in hot, soapy water.
- The combs can be boiled for one minute to sterilize.
- Follow this procedure every 3 days for 3 weeks.
- Check weekly for one month to ensure complete removal.