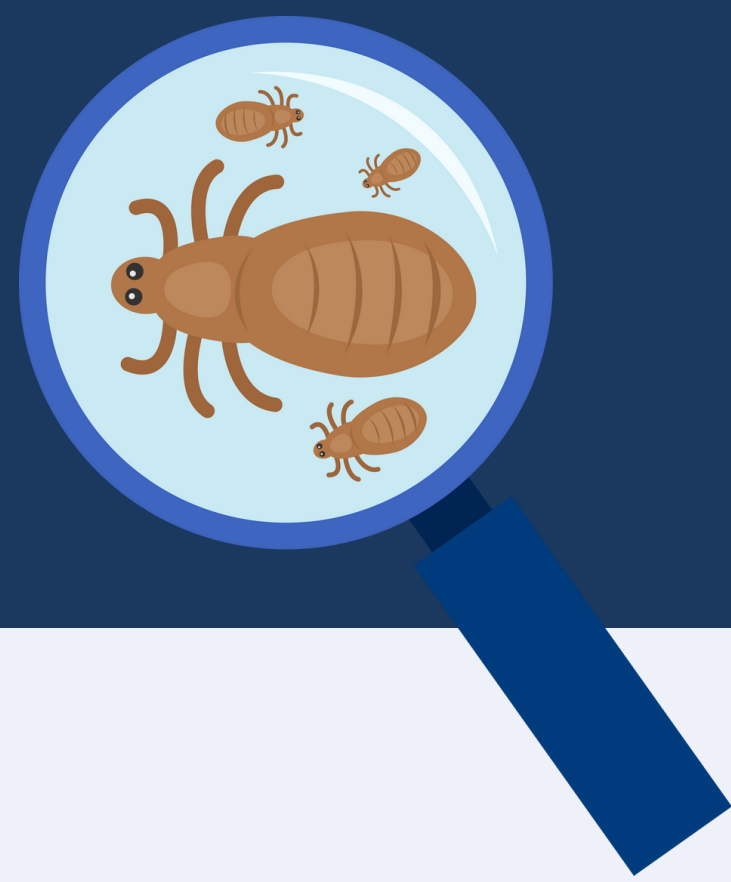


A Guide on Treating Lice at Home



1) Confirm It's Lice (Don't Treat Blindly)

Best method:

1. Wet hair + add conditioner
2. Use a metal lice comb
3. Comb in small sections
4. Wipe comb on a white paper towel between passes

You're looking for:

- Live lice (tiny, black fast-moving bugs)
- Nits (white eggs stuck to hair near the scalp — don't flick off like dandruff)

2) Day 1: Treat + Comb (Both Matter)

If using treatment:

- Follow directions exactly
- Don't leave it on longer
- Plan to repeat on Day 7-10 if the product says so (this is critical)

Comb-Out (even if you treated):

- Wet hair + conditioner
- Comb from scalp to ends
- Work in sections
- Wipe comb after every pass
- Spend 30-60 minutes depending on hair thickness

Most "lice treatment failures" are really skipped combing days or missed follow-up.

3) The Follow-Up Schedule (Prevents the Comeback)

This is the secret to avoiding the nightmare.

Day 1: Treat + full comb-out

Days 2-6: Comb-out

Day 7: Repeat treatment (if required) + comb-out

Day 10: Final check + comb-out

4) Re-treat!

Nearly all lice treatments involve 2 treatments (at least). If you only treat once, lice often return. Eggs hatch later.

5) Cleaning (Keep It Simple, Don't Deep Clean the Whole House)

Focus on what touched the head in the last 48 hours:

Wash + hot dry:

- pillowcases, sheets, blankets
- hoodies/jackets, hats

Dry-only hack (easy):

- Put items in dryer on high heat 30-40 minutes

Stuffed animals / can't-wash items:

- Seal in a bag for 1 week OR dryer if safe

Vacuum:

- couch + car seats + rugs (quick pass)

You do not need to fumigate or sterilize your home.

6) Check + Protect the Rest of the Family

- Check siblings + anyone who shares a bed
- Treat only if you find lice or viable nits
- Tie hair back, avoid head-to-head contact
- Don't share brushes, hats, headphones

The 3 Biggest Mistakes That Are Made

1. Treating once and stopping
2. Skipping the comb-out or using a flimsy plastic comb
3. Not repeating treatment on Day 7-10