

Tips from an experienced parent nitpicker:

Sadly due to the “Super Lice” that are out there, lice cannot just be treated with chemicals. Many of the lice are resistant to over the counter treatment. The best treatment is to comb out the lice and the nits.

Be prepared—Don’t think it’s not going to happen to me. Lice do not care about socioeconomic status etc. They want a meal.

1. Buy a Nit Terminator Comb before you need it. It’s on Amazon for about \$11; it is also at Sally Beauty Supply, Ulta and Target. The Terminator comb has special teeth that are more effective in removing nits and lice than the combs that come in the treatment kits.
2. Buy a package of the mini butterfly clips to keep with it. Ideally you should have one comb and separate clips for each person you are treating.

How to Comb—

1. Divide the hair into sections; work on half the head first. Further divide into smaller sections. The first few comb outs, I did pretty small sections about an inch and half round. Use the clips to clip it all up.
2. Gather a spray bottle of water, conditioner and a container to use for rinsing off the comb.
3. Start at a section, where you can put the combed section over skin and not over the uncombed hair.
4. Grab the hair, spray water on it and rub conditioner into it. Comb the hair from root to tip, all the way to the end. Keep working on the same section, working around the hair, combing it from all possible angles.
5. Rinse the comb, as needed in the water.
6. You will see the bugs. They will sink. The nits, which are the eggs, will float to the top of the water, they are often brown and a tear drop shape.
7. The first couple times you do this it could take an hour or more. Eventually you will get faster. I can do it in under a half hour.
8. Rinse everything in hot water and store it all in a baggie in the freezer between combings.
9. You should comb out every day. After 3-4 clean combs with no lice and no nits, you can switch to every other day or less.
10. Wash the sheets, jackets, clothes etc., every day that you find **live bugs**. Once you find only nits, you no longer need to wash every day.