

Lice can cause families in our community untold amounts of stress, not to mention the time it takes to treat it effectively. If your child has been found to have a case of lice, here are some simple step-by-step instructions to treating this benign condition at home.

There are two options for at-home treatment of lice: chemical based, and non-chemical based. You are welcome to use any product you would like for treatment, or none at all and rely on manual removal, but **either way you will need to comb the child's hair at minimum every other day for 3 weeks using a high quality nit comb. This is still the recommendation if you have opted to go a lice treatment salon, since it is nearly impossible to get every nit and louse out with only one combing.**

CHEMICALS:

If you choose to use a chemical to treat the infestation, please be sure to follow the directions on the packaging. We like Sklice, as it kills the bugs and it is ovicidal, meaning it makes nits non-viable as well. This product is available by prescription only, so you will need to contact your pediatrician's office. If you choose to use this product, please be aware that it can be very expensive. There is a manufacturer's coupon, [available on the Sklice website](#), that should limit the cost of the prescription to \$30.

There are also over-the-counter treatments available, but these are not ovicidal, so the nits will still be viable after the initial treatment. If you choose this option, please be sure to thoroughly read, and follow, the manufacturer's instructions on any secondary treatments that they recommend.

NON -CHEMICAL:

In order to make that process smoother and less painful for both you and your child, I recommend you use a white conditioner in her hair as you comb.

1. Separate out a small section of hair
2. Slather the white conditioner through the damp hair - this will slow down the bugs and allow you to comb through the hair more easily. It also makes it easy to see what you are pulling out of the hair!
3. Start with the tines of the comb all the way to the scalp and pull comb through.
4. Wipe comb on a towel or paper towel to remove conditioner and debris
5. Comb this section again once or twice then move on to a new section.

Combing is an effective treatment for lice, and I highly recommend all parents use a high-quality nit comb on your child's hair every other day for 3 weeks, regardless of the chemicals used to get rid of the infestation. Thoroughly combing the hair helps ensure the student won't self-reinfest with nits that were left behind. It also decreases diagnostic confusion, in case there was a previous infestation that had not been fully removed.

If you have any questions feel free to contact the Oak Nurse, Alexis Cook.