

## Lice Combs



Terminator comb

Licemeister comb

It's very important to get a good quality lice comb. There are many different lice-combs out there but the *Terminator comb* removes up to 200 bugs and nits each swipe. Another quality comb is the *Licemeister comb*; I tend to use this one on African American, bi-racial and very curly hair types, it is less harsh on the hair, causing less breakage. But this comb can be used anyone. These combs can be purchased online or at some specialty stores.

## Cleaning:

*Lice live on your head, not in your home or on your belongings. So here are a few common sense cleaning tips:*

### Wash:

*All bed linens & clothing worn in the last 24 hours, only by those who are infected. Wash and dry in hot temperatures.*

### Isolate:

*Items which can't be washed may be isolated for 24 hours, or until your home is lice-free. This means the items that you have just used that may have come in contact with lice - not every stuffed animal or all of your clothing. It just isn't necessary to bag everything in your home for weeks.*

### Vacuum:

*New studies have shown that it really isn't necessary to vacuum. You can vacuum surfaces that can't be wiped down or washed, if it makes you feel better.*

### Brushes & Hair Accessories:

*Brushes and combs that have been used in the last 24 hours can be placed in a zip lock bag, in the freezer, overnight. They do not need to be thrown away. Or, you can simply isolate them for 24 hours.*

## Prevention: *there is no "silver bullet", but this can help.*

- Wash with mint shampoo
- Keep hair up in braids or buns. No swinging hair
- Use hair products i.e. hairspray or gel, to keep fly away hair neatly in place
- Use lice prevention mint spray daily
- "Once a week take a peek" perform regular head checks

My Lice -Karrell Miller R.N.

Call to schedule an appointment 813-767-5327



# At-home Head lice Removal Guide

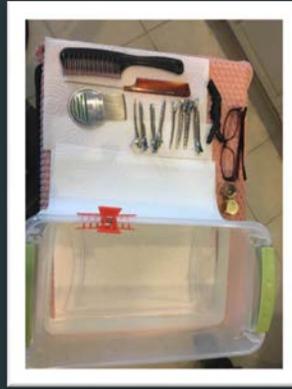


Information shared by K. Miller R.N.  
MyLice...making your lice simpler

[www.myllice.com](http://www.myllice.com)

## Preparation:

- Hair needs to be clean, product free, oil free, detangled hair
- Wear a button down shirt, and change the shirt after treatment
- Provide the child with snacks and a distraction. This will take a long time: video games, books, movie etc.
- You need good lighting
- Rat-tail comb, detangling brush, lice comb, 9-10 metal clips
- Spray bottle filled with water
- Clear, colorless plastic bucket filled with water (about the size of a shoe box)
- White paper towels



## Step 1

- Dampen hair with spray bottle of water.
- Start by holding the hair up in a high ponytail; having a second pair of hands is helpful. *It is important that the untreated hair does NOT touch the treated hair, so keep hair up in the high pony tail at all times during step 1.*
- Work from the nape of the neck upwards, in thin layers (a rat-tail comb will help you get straight layer lines). If they aren't perfectly straight, just comb below the uneven part, otherwise you will snag the hair above, causing tangles.
- It is important for you to gently scrape the lice-comb against the scalp when you comb; you must pull the lice-comb through the full length of the hair; otherwise you may miss bugs and nits (eggs).
- It's important to get all the nits, otherwise they hatch and the lice problem continues. Nits hatch about a week after they are laid and take a week to mature. Once impregnated the adult female lays 4-5 nits 2x a day for the remainder of her life.
- Clean your lice-comb in the bucket of water regularly, by spreading the teeth of the lice-comb with your thumb nail. Occasionally wax-free dental floss is helpful in removing lice or nits that are jammed up in the comb.
- Lice tend to move upwards towards the crown of the head; so don't be surprised if you find the majority of the bugs on the crown, and don't give up half way through thinking that your kids doesn't have live bugs.
- Nits (eggs) are oval in shape, they are usually brown in color and they have what looks like a tail when they are off the hair. (Note: it is not a tail, it is actually the adhesive that secures the nit to the hair). Hatched eggs will look like "a cellophane oval shell with a tail".
- Eggs tend to float. Bugs tend to sink.

## Step 2 -divide and conquer

- Part the hair in half from nose to nape of neck.
- A straight part is very helpful. Take the time to do a good job.
- Wrap each section up in a tiny bun, then clip using a metal duck clip.
- Part the hair in half again from back of ear to back of ear.
- Cover with paper towels, secured with duck clips.
- Working in thin layers go through each section looking for eggs on the hair and bugs on the scalp (new hatchlings called "nymphs" will be seen here, if you see a speck, touch it with the end of your comb...if it moves it's a bug) and pick it out.



## Finally!

- Remove paper towels and clips.
- Dry the hair completely (nits are easier to see on dry hair).
- Do a final head check.
- Comb from nape of neck to crown of head (like step 1).

## Lastly, I encourage you to:



- **Comb everyday for 1 week.** *This is just a quick 5-minute comb out. It will help you get anything out that you may have missed during treatment. It will also help you and your child become accustomed to combing thus making your weekly head checks easier.*
- **Comb every other day on week 2.**
- **After week two is complete... Comb weekly for prevention**