



# Head Lice

## Points to Consider:

- ✓ Children's Medical Group does not recommend the use of prescription strength treatments.
- ✓ Prescription lice treatment is not available from our providers.
- ✓ Over-the-counter treatments are the safest and most effective **as long as directions are followed carefully.**
- ✓ If you suspect head lice in a baby less than 2 months of age, please call Children's Medical Group at the number listed on our website.

## Treating Head Lice:

- ✓ **Crème rinse**, such as Nix (not shampoo) is typically more effective than shampoos. In addition to what is listed below, **please follow the directions completely.**
  - Before using Nix, clean hair with any shampoo; then, then towel dry hair.
  - Continue massaging Nix crème rinse into hair for a **full 10 minutes**—any air pockets left (even the size of a sesame seed) may allow lice to survive.
  - Nix leaves a residue on the hair for up to 2 weeks.
- ✓ If you choose lice shampoo, such as RID or Lice Away, **please follow the directions carefully.**
  - Apply to **dry** hair, saturate ALL hair down to roots, add water, and lather.
  - Continue massaging shampoo into the hair for a **full 10 minutes**—any air pockets left (even the size of a sesame seed) may allow lice to survive.
- ✓ To destroy lice and eggs on bedding, furniture, carpet, clothing, etc.:
  - Do not use chemical sprays—they are not effective.
  - Vacuum thoroughly and discard the bag **or** wash the canister in hot, soapy water.
  - Wash all clothing in hot water.
- ✓ **Follow-up Care:** BE PERSISTENT!!
  - Nits appear as tiny clear, whitish flakes that are tightly adhered to the shaft of individual hairs located at or up to 1-2 inches from the scalp.
  - “Nit Pick” or remove nits on a DAILY basis until ALL nits are gone.
    - Work with tiny sections of hair & follow a structured pattern, so as to cover all areas.
    - Search for no longer than 15-20 minutes at a time---rest for a while before restarting, otherwise eyes may ‘tune-out’ to the view of the tiny nits.
  - RECHECK hair every day for 7-10 days. After this time, should no longer see nits. If so, then retreatment with shampoo or crème rinse is necessary.