

## Alternative Head Lice Treatment

1. Buy a large bottle of creme rinse (conditioner) and long-tined metal comb. Use long-tined metal comb. For example, Licemeister at CVS or blue topped one available at Rite Aid

School nurse office may have kits available.

2. Apply conditioner to hair so it is coated scalp to tips.

3. Cover with a shower cap and leave conditioner on for two hours.

4. Comb through hair section by section carefully from scalp to tips removing lice, egg and conditioner "sludge" with tissue and throw in trash with each combing. The conditioner helps the comb slip through the hair and it helps trap the live lice.

5. Change bedding and take any favorite stuffed animals the child sleeps with off bed and place in trash bag for 2 weeks or in hot dryer for 10 minutes. Vacuum favorite lounging places. Wash combs and brushes with hot, soapy water and rinse. Otherwise concentrate on the head.

6. Every day for 6 weeks, comb through dry hair in the morning. Throw any live lice in trash. You will eventually "catch" any hatched lice until there are no viable eggs left. The head lice occupation is over.

Alternatively, you can pick out head lice eggs with your fingertips, but you still need daily combing as you will never get them all out.

The key is to comb until the life cycle is broken. People have to do it **Every Day for 6 weeks**!. Some people don't get a live louse for a day or two and stop combing- That doesn't work!

This protocol is adapted from Portland School Nurses. They have had success with this treatment.