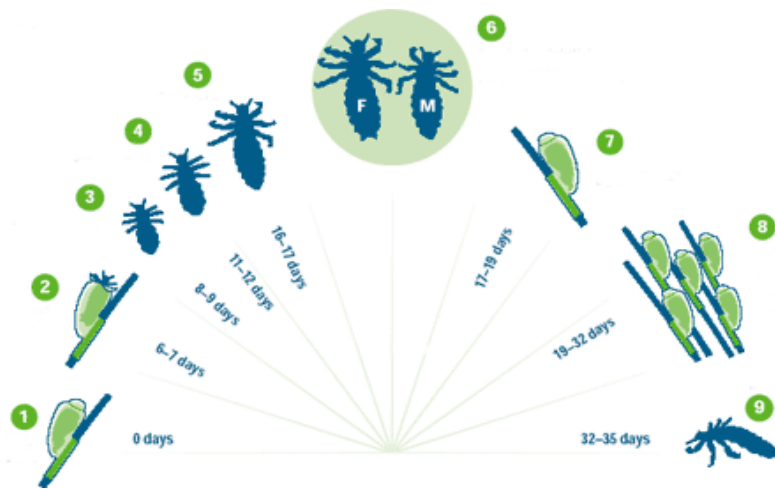


Removing Head Lice With Hair Conditioner



Using hair conditioner is a cheap, non-toxic way to get rid of head lice that is proven to work. This treatment is recommended by Health Departments over Australia. It is easier to use on kids than chemical shampoos.

Head lice can be easily removed by applying conditioner to dry hair before combing with a fine tooth comb to remove the lice and eggs (nits). As well as making combing easier, the conditioner works by slowing down the head lice for about twenty minutes, so that it is easier to trap the lice in the comb.

Lice have become resistant to many of the current commercial treatment products. Eradication after using them has become difficult and often even after following the instructions closely, live lice are still found in the hair.

The following method works, though like all treatment, is reliant on persistence and commitment to following the instructions for the required time frame. You will be amazed at how quickly they are brought under control until gone.

To remove Lice:

- Apply plenty of conditioner to dry hair, leave for 10 minutes to 'set' then comb through with an ordinary comb\brush to remove tangles.
- Comb hair thoroughly with a metal nit comb in 4 directions - forwards, backwards, to the left and to the right.

- After each stroke wipe the comb onto white paper towel to check that the dark coloured adult like or pale hatchlings are being removed. Because the hatchlings are small they may be hard to see however removed adult lice will easily be seen.
- Continue until the conditioner is removed.
- Rinse conditioner out and dry hair.
- Repeat this process daily for the 10 days to cover the hatching period of the eggs.
- Then repeat once a week for at least 4 weeks to check for and prevent re-infestation. If live lice are found at the weekly check, recommence daily treatment until again eradicated.

To remove eggs:

- Some eggs will be removed by combing, but others will be harder to detach. You will need to use your fingernails or tweezers to remove as many eggs as possible from the base of the hair shaft - remember only those within 1cm of the scalp will hatch. Those further along the hair shaft will be already hatched or dead.

Other information:

- Soak combs and brushes in hot water and detergent for 10 minutes. Bed linen, clothes, and towels can be washed in the hot cycle and put through drier if available. Items that cannot be washed can be placed in the sun for as long as possible.
- Checking your child's hair this way weekly will ensure early detection and easier eradication.
- Large cheap (\$2) bottles of conditioner can be purchased from your local supermarket or pharmacy.

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