

How to get rid of head lice using the wet combing technique

Use this method to check for and treat head lice

5 things you will need:

- hair conditioner
- a wide toothed comb
- a fine long toothed head lice comb
- bright light or sunlight
- tissues or paper towel.



20 Minutes

Conditioner stuns head lice for around 20 minutes and makes hair slippery, making it easier to remove lice from the head.



7 steps to remove head lice:

Work quickly as the effect of the conditioner starts to wear off after about 20 minutes.

Step 1

Generously apply conditioner to dry hair to cover the scalp and the full length of the hair.

Step 2

Untangle the hair with a wide-toothed comb.

Step 3

Put the fine-toothed head lice comb flat against the scalp and draw the comb through each section of hair from the roots to the ends.

Step 4

Wipe the comb after each stroke onto white tissue or paper towel, checking each time for head lice and nits.

Step 5

Comb each section of hair at least 5 times.

Step 6

Wash the hair as normal.

Step 7

Scrub the comb with an old toothbrush to remove any eggs or lice that may be present.

REPEAT. If you find live head lice, repeat steps 1-7 every 2 days until no lice have been found for 10 days.

Wet combing using conditioner should be avoided for at least one day before and after chemical treatment, or as per the manufacturer's directions.

www.sahealth.sa.gov.au/headlice

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This document has been reviewed and endorsed by SQCAG* for consumers and the community January 2016.

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