



Head Lice

Head Lice are insects that invade the scalp and cause the person to itch and scratch the scalp. Lice eggs (nits) are firmly attached to the hair and appear as small white dots.

Treatment:

1. Wet hair thoroughly with warm water.
2. Massage the prescribed treatment as directed by manufacturer's instructions.
3. Avoid contact of shampoo with eyes or mouth. A towel may be held over the eyes for protection from lather and during rinsing. Should the shampoo accidentally get into the eyes, the stinging sensation can be relieved by flushing the eyes with cool water.
4. Rinse the hair thoroughly with warm water.
5. The medicine will kill live insects and usually the eggs as well. However, the nits may not be removed from the hair by shampoo treatment. The hair should be combed with a fine-toothed comb to remove remaining nits. If the nits are not entirely removed by combing, the hair can be rinsed with diluted vinegar (equal amounts of vinegar and water) and then combed again. After using the comb, it should be discarded or cleaned with boiling water.
6. Repeat the treatment in one week to make sure all the lice eggs are killed.
7. The itching and rash may last for a few weeks after treatment. If this remains a problem, call our office at 919-781-1050 for further advice.
8. Store the medicine out of the reach of children at all times, since it is poisonous if swallowed.

Preventing Spread of Lice:

Head Lice can survive on objects such as hairbrushes, combs, caps, scarves, coats and towels for only a few days. All washable clothing, towels and bed linens which have been in contact with infested persons should be machine laundered in hot water and machine dried with high heat for 20 minutes to destroy live nits. Articles which cannot be washed can be dry cleaned or stored in plastic bags for two weeks. Hairbrushes and combs can be cleaned with boiling water.

Family and School Contacts:

It is possible to catch lice even if you are very clean. They are easily spread by sharing of combs, brushes, hats and close contact. All family members should generally be treated with the prescribed agent. Children in school with the affected individual should be examined for the possibility of head lice.