

P & C Association (Inc)



Nit busting at home. Please do the following:

1. Apply liberal amounts of conditioner to the scalp and massage it through all the hair shafts. Every hair has to be coated to ensure it reaches the nits.
2. Nits live close to the scalp, so make sure that you cover the hair shaft close to the scalp. You don't have to work the conditioner onto the whole length of the hair. Combing will spread it well enough. The idea of the application is to restrict the movement of nits long enough for you to catch them with a comb.
3. After you have applied conditioner, use a nit comb to part small sections of the hair starting from the nape and working upwards towards the crown. Eggs are often found behind the ears and toward the back of the head. By using this method, you are more likely to find the nits on top of and towards the front of the head.
4. When the hair is detangled and manageable, use a nit comb to comb out each section several times.
5. After each comb, wipe the conditioner on a paper towel. If your child has nits, you will see them on the towel. Keep combing each section of the hair until no further nits, nymphs or eggs appear on the paper towel. Often you will see lots of old egg castings that may take a while to remove.

If treating more than one child ensure you clean the comb between uses by soaking it in hot water for 5 to 10 minutes or soak it in isopropyl alcohol.

Retreat the hair after seven days to ensure that any immature nits that have hatched since the initial treatment are removed before they can lay eggs.

For more information on the treatment of head lice download a fact sheet at www.health.wa.gov.au/headlice