

“A School Nurse’s Guide for Removal of Nits”

The No Freak out Solution-The Secret is in the Comb

To order the comb; go to: <http://www.nitfreecomb.com/>

Supplies: Comb, Pantene Conditioner, Long hair clips (not bobby pins) Shower-cap (Optional), paper towels, blow or hair dryer, inexpensive detangler (any brand).

The Hair:

1. Apply a very large amt of Pantene Conditioner on Dry hair.
2. Allow to sit for 45 minutes, use disposable shower cap if you can.
3. Divide the hair into manageable sections. Take the Nit Free Comb and Comb thru 1in pieces of hair, put on a good movie and do it in a brightly lit area.
4. Have a roll of paper towel so that after each comb thru you wipe off the comb on to the paper towel and dip into hot water after each time you wipe.
5. After that is complete, rinse and dry hair with a hot blow dryer making sure to aim at the roots of the scalp, don't concentrate on one area for too long so that you don't burn the scalp
6. After the hair is dry, you have to go thru each section of hair again and manually take out the nits.
7. After this treatment, bring your child back to school nurse for a recheck.
8. For the next week every day or every other day you will spray in detangler and comb, continue to do it in small sections after each section, dip comb into very hot water.
9. Boil the comb to avoid reinfestation between treatments.

The House:

1. Change the vacuum bag then vacuum the whole house including the couches change the bag again.
2. Put all pillows and comforters in a hot dryer for 30 minutes you can even do it in a Laundromat. Any stuffed animals that can take the heat put in the dryer as well. If the stuffed toys cannot take the heat then bag them up for 3 weeks.
3. Combs can and brushes can be washed and dried with a hot blow dryer but you may want to throw them out and cloth hair things that can't be cleaned are to be thrown out.