

How to Use OTC Head Lice Treatments

Beware Of Common Head Lice Treatment Mistakes

Although OTC head lice treatments are considered safe to use, it is important to follow the instructions on the label or information leaflet closely. Here are some important things to avoid when applying head lice products:

- Never cover hair undergoing the treatment with a towel or bag.
- It's not safe to use OTC head lice treatments in infants under two months of age or during pregnancy or breastfeeding.
- It's not safe to use lice treatments more often than recommended on the package. In general, it is considered to be safe to reapply it after nine days.
- Don't use OTC lice products on other parts of the body or face and never on skin with open sores or scratches.
- Never combine two different head lice treatment products during the same application.

Step-by-step Guide to Applying OTC Head Lice Treatment

- Choose an OTC head lice treatment product. If uncertain about what type of head lice treatment you should use, consult the school nurse or your doctor.
- Determine how much of the head lice treatment product you will need. In general, if your child's hair is longer than shoulder-length or you are treating more than one child, you may need more than one bottle to finish the first treatment.
- Always consult the instruction leaflet in the package before starting the treatment.
- Make sure that the ingredients include either permethrin or pyrethrin and piperonyl butoxide.
- Permethrin creams should be applied to wet hair. Wet hair also inhibits the mobility of the lice and helps to saturate them with the cream.
- Products containing pyrethrin and piperonyl butoxide should be applied to dry hair.
- If you are using a permethrin based product, wash the hair, but don't use conditioner. Conditioner lessens the effectiveness of the lice treatment.
- Towel dry the hair. It should be damp, but not dripping wet.
- Wear old clothes or drape an old towel around your child's shoulders.
- Keep an old washcloth handy to hold over your child's face so the cream can't get in his eyes.



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- Although not absolutely necessary, you can wear rubber gloves to protect your hands, especially if you have cuts or bruises on your hands.
- Squirt the cream or shampoo onto your hands and massage it into the scalp, from the roots to the ends. The scalp and hair should be completely covered.
- Make sure that you apply enough cream to the hairline on the back of the neck and the area around the ears. Lice are fond of attaching themselves in these areas.
- It is common to see head lice falling off the head while the treatment is going on.
- Set the alarm for ten minutes after you have applied the product to the whole head.
- After ten minutes, you can rinse or wash the hair depending on which product you are using.
- Once you are done, change your clothes as well as your child's, and wash all clothes, towels and washcloths on the hot cycle in the washing machine.
- Do a thorough comb-out with a metal nit comb right after application.



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