NITBUSTING AT HOME

Nitbusting can be a time-consuming task.

If Nitbusting at home with your child, do the following:

1. Try sitting the child between your legs on a low stool and play a video for kid’s entertainment for an hour while you work.
2. Wrap a towel or kitchen paper around the child's shoulders to catch conditioner spill.
3. Remove any scrunchies, ribbons clasps, etc. from the child's head and comb out plaits and braids.
4. 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 lice.
5. Lice 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 the head lice long enough for you to catch them with a comb.
6. After you've applied the conditioner, use a large comb to part small sections of the hair starting from the nape and working upwards toward 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 head lice on top of and toward the front of the head.
7. When the hair is detangled and manageable, use a fine lice comb to comb out each section several times.
8. After each comb out, wipe the conditioner on the paper towel. If the child has head lice, you will see them on the towel.
9. Keep combing each section of hair until no further lice, nymphs or eggs appear on the paper towel. Often you will see lots of old egg casings that may take a while to remove.

Retreat the hair after seven days to ensure that any immature head lice that have hatched since the initial treatment are removed before they can lay more eggs.
TREATING LONG HAIR

Depending on the hair length and type, it is often easier to neatly section long and thick hair before applying conditioner to avoid getting the hair into a terrible tangle.

1. Part long hair once from forehead to scalp, and use hair clips to keep the part in place.
2. Apply conditioner along the part line and massage in with the comb. This is to stop lice from crossing from one side of the head to the other.
3. Part the hair in a straight line from ear around scalp to centre part and clip or pin top section to crown of scalp.
4. Apply conditioner again to the part and massage in.
5. Apply more conditioner to loose hair down to nape of neck.
6. Use the head lice comb to comb out the conditioner. Start at the base of the hair shaft and comb down the length of the hair in one stroke.
7. Wipe the comb on a paper towel and check for lice. Lice are easily identified on the paper towel. Continue combing this section until you are certain you have covered the area several times.
8. Repeat the sectioning on the other side of the part towards the other ear.
9. After you've done these two sections, continue parting horizontally from the centre part sections of hair and apply conditioner and comb out as before.

OTHER THINGS YOU SHOULD KNOW

Head lice often congregate on the crown of the head, so that it is not until you reach these last sections of hair that you find adult lice. However, heads that are severely infested will have adult lice everywhere.

A good head lice comb should also remove nymphs, the stage between egg and adult louse. These can be difficult to identify with the naked eye, but appear as small insects on the paper towel.