

# TREATMENT OPTIONS



There are 3 approaches to head lice removal: the Wet-Combing method, the chemical treatment method and The Heat treatment (Lice Gone In One Treatment)



**The Wet-Combing Method** focuses on breaking up the life cycle. You do not need a chemical treatment when choosing this method. All live lice and nits are manually removed every few days for 2-3 weeks. Any lice that hatch after the first comb-out are easily removed with each subsequent comb-out and long before they can reproduce. Head lice cannot become resistant to this method and it is most successful when working with a good lice comb.

**Chemical treatments** are available at local pharmacies. These include special lotions, creams or shampoos that are applied to the hair and scalp. Common brand names are: Nix, Rid Results, and Quit Nits etc. These treatments all aim to work the same way: by addressing most of the live lice. A second or third application is usually necessary as these treatments only address the live lice and do nothing to their nits. Removing the nits is the most important step and must be done manually even if you use chemical treatments, and a good comb is essential.

**The Heat treatment (Lice Gone In One Treatment)** is available at our Lice Clinic in Coquitlam. First we perform a 30 minute lice heat treatment. After the eggs have been killed, we will complete the treatment with a 30-60 minute wet comb-out to remove all of dead lice and eggs. No follow up treatments are required.

**All combs are not created equally.** Plastic nit combs are not strong enough for lice and nit removal. Metal combs are always a better choice, but how can you tell if you've got a good comb? Hold your comb up to the light, if you can see spaces between the teeth or can easily bend them, it will not work. Check to see that the comb is sealed where the teeth and the handle of the comb meet. Having a good comb will save hours of nitpicking and last through hundreds of comb-outs. The Lice Clinic uses and recommends the Terminator Lice Comb (pictured above).

## Compare the Methods:

	Pesticide Treatment	Wet-Combing Method	The Heat Treatment
Removes adult lice	✓	✓	✓
Removes immature lice	x	✓	✓
Removes nits (eggs)	x	✓	✓
Non-toxic	x	✓	✓
Breaks up life cycle	x	✓	✓
Requires follow up	✓	✓	x

For more information please call the Lice Clinic Hot Line at  
778-984-5423(LICE)  
[www.liceclinic.ca](http://www.liceclinic.ca)