

How to Nit Pick

1. Buy a fine-toothed nit comb. Metal combs are better than plastic combs at detaching nits from hair shafts.
2. Use a lice medication or treatment to kill the nits and lice. Be aware that while the treatment may kill most of the lice and nits, some may still survive.
3. Comb the hair using a regular comb to remove any knots while the hair is still wet. If the hair is long, put it into a hair clip.
4. Take small sections of hair out of the hair clip beginning at the base of the scalp. Use a nit comb and thoroughly comb each section of hair from the scalp to the end.
5. Carefully look through each section of hair that you have combed and look for any remaining nits. If you find a nit, run your fingers tightly along the hair shaft and remove the nits one by one. Discard the nits in a bowl of hot water.
6. Repeat combing and examining small sections of hair until you have gone through all your hair. Inspect the nit comb before you begin with each new section of hair. Discard any nits in the bowl of hot water.
7. Launder all clothes and linens using a hot water setting. Put all pillow cases and duvets in a hot dryer for at least 20 minutes. Place all hair brushes, combs and hair accessories in boiling water. The heat will kill the nits and lice.
8. Repeat combing for nits every day for at least 10 days, even if you do not see nits for a couple of days.