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### **DIRECTIONS FOR USE OF THE CETAPHIL LICE TREATMENT –**

- Cetaphil Gentle Skin Cleanser
- Applicator bottle, such as the plastic bottles hair dye comes in
- A regular hair comb (must be fairly sturdy, as the lotion is very thin)
- A wide toothed comb (for thick or longer hair, to keep it untangled)
- Towel
- Hair clips for sectioning hair

### **Method**

Start with dry hair and cover your shoulders with a towel. (Cetaphil is very thick so you won't have much dripping) Use a good metal lice comb to comb out as many nits as possible before you start. Section your hair off in very small sections; it's extremely important that you coat every strand of hair, and apply the Cetaphil directly to your scalp at each part you make in your hair so that you lessen the chance of missing even ONE louse on your head! Use Cetaphil liberally and massage, massage, massage it in. Even ONE louse left uncoated may survive to reproduce.

Once you are sure you have covered every strand of hair and every inch of scalp, use a regular (but sturdy comb) to begin combing out the excess lotion. You may need to use a wide toothed comb first, if your hair is thick or very long. Comb until you have removed as much of the excess Cetaphil as possible. Once that is done, use a hair dryer to dry your hair. (Use the most powerful hair dryer you have, as the drying process can take up to three times longer than drying after a shower – this is the only really time consuming part of the process, as the Cetaphil takes much, much longer to dry than water.) What will happen is that the Cetaphil will dry on your head, hair and most importantly on the lice, cutting off their source of oxygen, therefore smothering them. (In a sense, they will be 'shrink wrapped'.) Lice can literally survive for hours without breathing, so this must be left on the hair for a minimum of 8 hours. This can be done before bed, so that the 'smothering' process can take place during sleep. You must make SURE that your hair is completely dry in order for the lice to be totally encased in the dried Cetaphil, and therefore be unable to breathe.

After 8 hours, wash and dry your hair normally. Use the metal lice comb once again, to comb out any surviving live nits. For best results, you must repeat this treatment three times in one-week intervals to make sure that newly hatching lice do not survive to begin the hatching/reproducing cycle again.