

# How to Treat Head Lice With Cetaphil

Many people have used Cetaphil to treat head lice. This method has not been evaluated nor approved by the U.S. FDA. Cetaphil has been approved for use as a cleanser, and is safe to use on skin, scalp, etc. However, the effectiveness of Cetaphil for getting rid of Head Lice has not been evaluated. If you would like to try it, this is a method that assures that all hair is covered and treated.

## Instructions

### Part I: Applying the Cetaphil

#### Things You'll Need

- Bath towel
- 8 to 12 oz. Cetaphil Gentle Skin Cleanser
- 8 oz. application bottle

**Step 1:** Purchase a 12 oz. bottle of Cetaphil Gentle Cleanser and an 8 oz. clear application bottle with a tip which can be found at a beauty supply store. Fill the application bottle with Cetaphil.

**Step 2:** Drape a towel around the child's shoulders to catch any extra cleanser that drips off the hair. The hair should be dry for this treatment.

**Step 3:** Begin at the nape of the neck on the left side and apply the cleanser directly to the scalp, touching scalp with the nozzle of the bottle. Move back and forth, in a zigzag, from the nape of the neck to the front hairline until you reach the right side. This should use 1/4 of the cleanser.

**Step 4:** Change the direction of the zigzag pattern to criss-cross the first pattern. Now the application bottle should be half empty.

**Step 5:** Massage the cleanser into the scalp.

**Step 6:** Repeat Step 3 and 4 to empty the application bottle. Massage the cleanser into the scalp again.

**Step 7:** Refill the bottle half full if your child has long hair. Squirt the cleanser on the hair strands and massage it in.

### Part II: Completing the Treatment

#### Things You'll Need

- Comb
- Bath towel
- Metal lice comb

**Step 1:** Wait 2 minutes and then comb out the cleanser. Wipe excess cleanser onto another towel. The goal is to remove as much cleanser as possible so it will take less time to blow dry the hair.

**Step 2:** Remove nits with a lice comb. Place the lice comb at the scalp and slowly comb through. Swish the comb in a bowl of water to see if anything comes out. A white bowl works best to spot the nits. Flush the water down the toilet when done.

**Step 3:** Blow dry the hair so that the scalp, roots and strands are completely dry. This is very important so the cleanser adheres to the lice and cannot be rubbed off on a pillow. Expect blow drying to take three times longer than it normally does. Do not apply hair products.

**Step 4:** Leave the dried cleanser on the hair overnight or for at least 8 hours.

**Step 5:** Shampoo with your normal shampoo. You can rinse hair with a 50/50 mixture of vinegar and warm water and then comb again with the lice comb before shampooing. The vinegar helps to loosen the nits.

**Step 6:** Check daily for live lice and nits. Remove nits immediately. Retreat with Cetaphil if you see live lice or contact your pediatrician for advice.

**Step 7:** Repeat this treatment after seven days and again seven days after that to kill any newly hatched lice before they become adults and lay eggs. This is a crucial step to break the lice life cycle.

### **Tips & Warnings**

Sterilize all combs in rubbing alcohol for 10 minutes.

Don't skimp on the amount of Cetaphil used. The head should be saturated and cleanser should be dripping off the hair.

It is very important that the application tip is touching the scalp at all times and the Cetaphil is applied in a criss-cross pattern to achieve uniform coverage. Don't dump the Cetaphil on the hair and just try to massage it in.

Wash the towels in hot water and place in the dryer on high heat for at least 10 minutes to kill any lice on the towels.

Treat all bedding. All sheets, pillowcases, blankets, comforters and bedspreads should be placed in a dryer on HIGH for at least 10 min.

**Notice: The Nuvo method for treating and diagnosing head lice has not been evaluated or approved by the U.S. Food and Drug Administration. Cetaphil® is a trademark of Galderma Laboratories, L.P. United States, which has not reviewed or endorsed the material on this web site**

Adapted from: <http://nuvoforheadlice.com/> and [http://www.ehow.com/how\\_2123367\\_treat-head-lice-cetaphil.html](http://www.ehow.com/how_2123367_treat-head-lice-cetaphil.html)

Also see: [http://www.ehow.com/how-does\\_4601930\\_cetaphil-work-treat-head-lice.html](http://www.ehow.com/how-does_4601930_cetaphil-work-treat-head-lice.html)