

# Hair Butterflies

## What to Do After Your Treatment

**Wash our product out of the hair soon as you go home until prior to going to bed.**

Keep head back when rinsing product out of the hair. While a product may be safe and non-toxic, it is still not intended to have contact with the eyes.

**Get in a good habit of combing.**

“A comb a day keeps the lice away!” It’s a great idea to comb through the hair for about 15 minutes a day for the first week, Beyond that comb every two to three days for the next three weeks. Combing during that time allows you to remove any evidence that may have been missed before it causes a new infestation. Beyond that, keep combing two to five minutes once or twice a week FOREVER! That way if your child is ever exposed again, you can identify it early and prevent it from escalating or spreading to others. **Please bring with you on your next appointment any evidence found during combing at home.**

**Communicate with family and friends.**

Remember it’s not just about where you got head lice but also who you gave it to. One of the many reasons people experience recurrent infestations is because they fail to alert those around them. Since you more than likely received lice in this circle of friends, you most likely shared it there as well and are more likely to get it again. As we like to say “Head lice is the gift of giving, so help stop the spread by encouraging your friends to get checked, too!”

## How to Follow Up At Home

Cleaning the house properly is a very big part of getting rid of the lice. We recommend,

### Vacuuming

*Car:* Vacuum all the car seats as well as the floor, even if there are seats not being used.

*Floors:* If there is carpeting in your house it is highly recommended to vacuum as much as possible, especially throughout the treatment process.

*Sofas:* It’s always a good idea to vacuum any place your child rests their heads.

*Beds:* Vacuum the bare mattress. This helps to ensure there will be a lice free place for your child to sleep.

### Bedding and clothing

Be sure to wash all bedding (blankets, pillow cases etc.) in hot water and dry in high heat.

Any clothing that is worn should also be washed the same way.

If there is anything you are unable to wash, like pillows you can put them in the dryer on high for 30 minutes.

### Stuffed animals and toys

Store all your child’s stuffed animals and toys in an air tight plastic bag for 2 weeks. If there was any exposure to the lice this ensures it will suffocate and your child will be safe from reinfestation.

### Hair accessories, brushes, and combs

Be sure to clean and disinfect all accessories, brushes and combs.

To do so you can: Boil each item for about 10 minutes or,

Freeze each item for 24 hours.

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