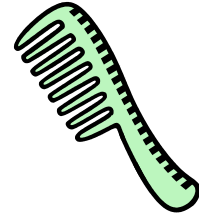


Head Lice: The Nuvo Method Using Cetaphil Cleanser

You will need the following for each application:

1. a large bath towel
2. Cetaphil® Gentle Skin Cleanser (8oz for short hair, 12oz for longer hair.)
3. a new 8oz squeeze bottle (a condiment bottle works)
4. a small comb
5. a wide-tooth detangler comb (for longer hair)
6. to remove nits, a Licemeister® comb.



****The course of this treatment consists of 3 applications done at one week intervals.****

Treatment Instructions:



1. Cover the child's shoulders with the towel to catch any drips. Pour 8oz of Cetaphil® into the squeeze bottle
2. With dry hair, begin on the left of the scalp and keep the nozzle touching the scalp at all times. Apply using a zigzag pattern from going left to right and from front to back. You should use about 1/4 of the bottle.

Now repeat the zigzag starting from the back of the scalp so that it "criss crosses" the first application. You should use another 1/4 of the bottle.

3. Use your fingers to thoroughly massage the lotion throughout the scalp and hair.
4. Repeat steps 1-3 and use the remaining 1/4 bottle of lotion.
5. For long hair extending to the upper back, apply another 1/4 bottle to the length of the hair from roots to tips and massage with your fingers.
6. Wait 2 minutes for lotion to act.

7. Comb out the lotion. You want to comb out as much excess Cetaphil® as possible. You are done when you cannot get anymore lotion out of the hair.
8. If you need to remove nits to comply with a school's "no nit policy," then use the Licemeister® comb to carefully go through the entire scalp. If your school does not have this policy, then skip this step as it adds about 70% more work and is not necessary to cure your child of head lice.
9. Blow-dry the hair thoroughly so that the scalp skin, hair roots and full length of the hair are completely dry. Anticipate that this will take longer than drying hair that is just wet with water.
10. You may now style with a sterilized comb or brush. Do not apply any styling gel, mouse, hairspray or other cosmetic products to the hair while the dried Cetaphil® lotion is on the hair.
11. Leave the lotion on the hair for at least 8 hours, preferably overnight.
12. To remove the lotion at the end of the treatment, just shampoo with your usual shampoo and conditioners.

Household Clean-Up



- A. Sterilize all the family's combs and brushes. You may soak them in isopropyl (rubbing) alcohol for 10 minutes OR you may put them in the dishwasher on the full hot cleaning cycle.
- B. Treat all bedding at the time of each lotion application. Take all sheets, pillow cases, blankets, comforters and bedspreads from the beds in your house and run them in the dryer for 10 minutes on high temperature. You do not have to wash them.
- C. Patients should change to new fresh clothes after each treatment. Put dirty clothes in the laundry hamper for later laundering.

Avoid these common mistakes to achieve a cure. Treatments have failed when parents do not follow instructions.

1. *Parents skimp on the amount of cleanser used.*

You must use precisely the amount of cleanser recommended in the instructions or you will fail to coat all the lice with lotion. An uncoated louse will survive the treatment and go on to reproduce. This is especially important with children that have longer hair.



2. *Parents apply the lotion incorrectly to the scalp.*

Sometimes parents just squirt the lotion on top of the hair and try to massage it into the scalp. This is NOT the way to complete the treatment. You must achieve a uniform coverage of the entire scalp in order for the treatment to be effective. It is critical that the nozzle of the applicator touch the scalp the entire time you apply the lotion. The “criss cross” pattern assures even, complete coverage.

3. *Parents do not completely dry the lotion on the scalp.*

You must dry the scalp so that it is totally dry. The lotion works by drying into the louse and plugging their breathing holes. If you leave it slightly damp, it can be rubbed off when your child changes clothes, lies down on a pillow, rubs his/her hair or lies on the carpet or a couch. By thoroughly drying the lotion, it adheres to the lice and kills them.

4. *The timing between the application is wrong.*

You must use the treatment in three applications done at one-week intervals. The dried lotion kills lice and disrupts their life cycle. If you wait too long for the next application, then baby lice can grow into adults and lay eggs to continue the cycle.