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STEP 1

Find a treatment product suitable for you and your kid. Suitability would depend on your child's skin and how much time you have. One tip is to look for a solution that uses natural pesticides. Scientific evidence shows that head lice are building up resistance to many synthetic pesticides¹.

STEP 2

Follow ALL the instructions on the pack. Head lice can be very, very frustrating, and it can be even more frustrating if it seems like the treatment chosen isn't delivering as promised. The effectiveness of the treatment can be affected by the use of the product, so ensure that you follow the instructions provided to the letter.

STEP 3

Once the treatment has been applied. It's best practice to also run through your child's hair with a head lice-combing conditioner and lice comb. A combination of conditioner and comb will help with the removal of any dead head lice and eggs post-treatment.

STEP 4

Repeat steps as needed to ensure that you break head lice life cycle. Head lice can be difficult to eliminate due to the nature of their life cycle and it can be difficult to kill all the eggs present when the infestation is first treated. Head lice hatch every 6-10 days² which is why many treatments ask users to repeat treatment on days 7 and 14.

Always read the label. Follow the directions for use.
If symptoms persist, worsen or change unexpectedly, talk to your healthcare professional.

¹ . Goldsmid JM. Head louse treatment: is there an insecticide resistance problem? Med J Aust. 1990; 153(4): 223-234.

². Greive KA, Altman P, Rowe JS, Staton JA, Oppenheim VMJ. A randomised, double-blind, comparative efficacy trial of three head lice treatment options: malathion, pyrethrins with piperonyl butoxide and MOOV Head Lice Solution. Aust Pharmacist. 2007; 26(9): 738 - 743. Research sponsored by Ego Pharmaceuticals.