

Lice & Scabies Treatment

LICE

BAD NEWS

Lice is becoming resistant to standard treatments (Kwell®, Rid®, Nix®)

GOOD NEWS

You don't need "medicine" to treat lice.

Mayo Treatment

- Use real mayonnaise - not Miracle Whip® or light mayo – the real thing.
- Apply mayonnaise to all hair and scalp surfaces - ALL OF IT. Put on a shower cap. Leave on for 3 hours.
- Rinse well, using a vinegar and water rinse to help loosen the nits (eggs) from the hair shaft. Comb well with a fine toothcomb.
- Treat everyone in the family - either with mayonnaise or with one of the commercial products above.
- Retreatment of everyone in the family a week after the first treatment is the safest thing to do.
- Wash all hats, combs, bedding, and jackets with hoods - anything that might come in contact with the hair. If it can't be machine-washed in hot water and dried on hot, then dry cleaning is OK, or keep closed up in an airtight plastic bag for 2 weeks.
- Place brushes and combs in hot water (over 125 degrees) for over 5 minutes.
- If you are following these instructions - using the mayo appropriately, removing the nits as well as possible, treating everyone in the family and removing and washing all items that could transmit lice - and you have recurrences of lice, they are coming from a source outside the home and family.
- Head lice can survive for 1-2 days away from the scalp, and the eggs can't hatch at temperatures lower than that close to the scalp.

Commercial Shampoos/Cream Rinses

- Follow directions on products. It is not supposed to be necessary to re-treat in a week if you use Nix® or other permethrin product. However, with Kwell® and Rid®, you must re-treat in a week.



SCABIES

BAD NEWS

No cheap sandwich spread treatment is available /effective.

GOOD NEWS

The prescription treatment usually works.

Treatment

- Permethrin® cream (Elimite®) should be used. Kwell® lotion is okay, but is less effective and more potentially toxic.
- All household members should be treated, too.
- After a warm bath at bedtime, dry and let the skin cool a little. Apply cream from chin down to between toes, covering ALL skin surfaces. Leave on overnight and rinse off in the morning.
- Bedding and clothing worn next to the skin during the 4 days before treatment should be laundered in a washer with hot water and dried using a hot drying cycle.
- The mites do not survive more than 3-4 days without skin contact. Clothing that cannot be laundered should be removed from the patient and stored for several days to a week to avoid reinfestation.