

10 Tips for Manual Removal of Nits (eggs)

1. Work under a good light, such as the natural sunlight from sitting by a window or going outdoors. A strong lamp can also be used. If eyesight is a problem, have a magnifying glass on hand.
2. Use a grooming comb or hairbrush to remove tangles.
3. Divide the hair into small sections and fasten off the hair that is not being worked on.
4. Using a nit removal comb, go through one small section at a time, combing from the scalp to the end of the hair shaft. Dip the comb into a cup of water or use a paper towel to remove any lice or nits or debris from the comb between passings.
5. Sift through that same section of hair and look for attached nits (lice eggs). They are very tiny (about the size of a grain of salt) oval-shaped usually greyish-white although they can vary in color. Nits are generally laid close to the scalp but can be found anywhere on the hair shaft, and are attached to the hair shaft with a very sticky glue-like substance, which makes them harder to remove.
6. If the lice comb did not remove the nits, then use your fingernails or safety scissors to snip the individual hair strands with attached nits.
7. Go on to the next section of hair until all sections have been completed and all nits have been removed.
8. Even under the best of conditions, a few nits may be missed. Check the infested person every day for at least two weeks and regularly thereafter. Seeing a nit or two the next day does not necessarily mean reinfestation. Being consistent and diligent about manual removal will help.
9. If additional nits (at least 3-5 per day) are discovered, this signals that live lice may still be on the head.
10. Parents are encouraged to make checking for lice a part of routine hygiene.