

## **“Nuvo Method” (non-toxic) for Treating Head Lice**

### **A. Application**

1. Apply Cetaphil® Gentle Skin Cleanser (8 Ounces for short hair, 12 ounces for shoulder length or longer hair) throughout the scalp. Apply half of the amount, massage into the scalp and then apply remaining amount. Wait two minutes for lotion to act.
2. Comb out lotion with a regular comb as much excess lotion as possible. The more lotion you get out the quicker the blow drying step will be.
3. Use a blow dryer to dry the hair. This will dry the lotion on the scalp and coats any lice in a shrink-like layer. This will take 3 times longer than drying hair that is just wet. The dry lotion must remain on the hair and scalp for at least 8 hours.
4. To remove lotion, shampoo with your usual shampoo, cream rinse, etc.

### **B. Household Clean Up**

1. Sterilize all the family's combs and brushes. This can be done by either soaking the combs and brushes in isopropyl (rubbing) alcohol for 10 minutes or place in the dishwasher on the full hot cleaning cycle.
2. 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. Then place bedding back on the beds. You do not need to wash it.
3. Change to new fresh clothes after each treatment. Put dirty clothes in the laundry hamper for later laundering.

### **C. One Week Later**

1. Repeat application.
2. Repeat household clean up.

### **D. Two Weeks Later**

1. Repeat application.
2. Repeat household clean up.

Here is a link for [“Frequently Asked Questions”](#) (FAQ's).