

MATTHEW S. COHEN, MD FAAP  
PATIENT INSTRUCTION SHEET

**HEAD LICE**

Lice (*Pediculus humanus capitis*) are very contagious. Children aged 3-10 years in preschool, elementary school, or daycare centers are most likely to have lice. Head lice will not infect dogs, cats, or other pets.

Wash combs carefully, use a separate comb for each family member, and do not allow children to share hats or other headwear. All members of the household should be examined for lice and treated if necessary.

**TREATMENT:**

- Use the shampoo/cream as prescribed in the office.
- Apply the shampoo exactly as instructed.
- After leaving the shampoo on for the amount of time instructed, wash and rinse hair thoroughly. When hair is dry, comb through with fine-tooth comb to remove the eggs or remove the eggs (nits) by hand.
- There is no need to cut or shave the child's hair or apply other remedies.
- Some shampoos require a second treatment one week after the first shampooing. Your doctor will tell you if your child will need a second treatment.
- Wash the child's clothing and all bed linens in a washing machine using HOT water, and drying using a HOT cycle.
- Soak combs and brushes in HOT water for at least 5 minutes.
- Your child can return to the school after the treatment.

**Special Instructions:** \_\_\_\_\_  
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If you have any questions, please call.