



When you have a head lice infestation, 99% of the infestation is on your head and 1% is in your environment. The human head should be your focus, but there are some things you need to do in your home to guard against re-infestation. Below is a list of recommendations on treating your home and family.

1. Wash all bedding, including blankets, quilts, and mattress pads in hot water. If the infestation is severe, we highly recommend vacuuming and quickly ironing the mattress. ONE time and only the infested people
2. Any stuffed animals or blankets that the child sleeps with should be placed in the dryer on high heat for 30-40 minutes, or if they are too fragile for the dryer, please put them aside for 12-24 hours. ONE time.
3. Hair accessories such as hairbrushes, hair-bands, headbands, etc., should be placed into a bag and put into the freezer for 3-4 hours or put aside for 12-24 hours. ONE time.
4. Helmets and hats should be wiped with Lice Knowing You School and Play spray. Spray and wipe with Lice Knowing You wipes after each use.
5. Vacuum and wipe off all furniture where the infested person has sat, including car seats, couches, etc.. ONE time
6. If kids play frequently on the carpet, vacuum carpets thoroughly. ONE time
7. Follow the check protocol and come back in one week for your intensive follow-up

A louse can live off the head for 24-72 hours, however, once it is off a human host for longer than 12 hours, it has missed several feedings and its' systems are beginning to shut down. In other words, the louse is dying. Even if that bug got back on your head, it will not do any damage. Nits cannot hatch once they are off the head.

YOU DO NOT NEED TO BAG ANYTHING IN YOUR HOME FOR TWO WEEKS. PLEASE DO NOT LISTEN TO THIS TYPE OF INFORMATION!

www.liceknowingyou.com

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INSTRUCTIONS FOLLOWING YOUR TREATMENT

1. You may wash your hair immediately following your treatment. We suggest using a dab (Oust a dab) of dishwashing soap, if clarifying shampoo is not sufficient. Lather up, rinse out, and then follow with regular shampoo and conditioner. We recommend Lice Knowing You Shampoo and Conditioner as they will prevent head lice going forward.
2. Remember to schedule our final check 3 to 5 days after treatment. Failure to get your final check will result in forfeiture of the guarantee.
3. Remember that all immediate family members and babysitters/nannies need to be checked within the first 24 hours in order for our guarantee to "kick in".
4. You do NOT have to do any checking at home in the time between your initial treatment and final check in fact, we do not recommend checking in the 3-5 days following the treatment.
5. After your final check, we recommend "once a week, sneak a peek". You should be checking your children once a week to guard against re-exposure to head lice. Our **Lice Detection Kit** is recommended to help with this process.
6. We recommend using Lice Knowing You Prevention Products to prevent re-exposure to head lice. **Lice Knowing You Detangler and Conditioning Spray** is the first line of defense for the hair every single day. Spray lightly on the hair, comb through and dab behind the ears and nape of the neck. **School and Play Spray** can be used on backpacks, inside hoodies, helmets and other shared items. **Prevention Shampoo and Conditioner** is used in place of your regular shampoo and conditioner to prevent future head lice infestations.
7. If you think you find any evidence of head lice in the 30 days following your treatment, you must save what you find or you will be charged for a head check to determine if in fact you do have head lice. Even if you are found to have head lice on a check, you will still be charged the \$10.00 if you did not bring in any evidence of head lice.

We offer FREE FINALS from 9am to 12pm Monday-Friday. No Exceptions!

Paid Finals are 12pm -4pm Monday-Friday. 9am-12pm Saturdays in our Beaverton location. Paid Finals are \$25.00 per person and are charged in advance. 24 hour notice is required for all cancellations. Failure to provide less than 24 hours notice will result in forfeiture of guarantee. No Exceptions.