

Olive Oil Treatment

1. Saturate the hair and scalp with olive oil.
2. Cover hair with plastic shower cap, plastic wrap, or plastic grocery bag secured around the hair to protect clothes and furniture.
3. Leave olive oil in the hair 8 hours or overnight. If the child goes to bed with the oil on his/her hair, do **not** use plastic hair cover as this may come off in their sleep and pose a smothering hazard.
4. When the time is completed, and while olive oil is still in the hair, add a little creme rinse/conditioner and comb hair with a nit comb.
5. Wash hair to remove olive oil. May require 2-3 shampoos until hair feels clean. Dishwashing liquid cuts the oil better than regular shampoo.
6. When hair is dry, check carefully for nits.

This procedure may be repeated every 4th day for three weeks.

Thanks to Saginaw County Department of Public Health
Personal and Preventive Health Services