

Wet Combing Planner

A printable schedule based on current NHS guidance.

Day 1

Date: _____ Done: ■ Wet comb the whole head thoroughly.

Day 5

Date: _____ Done: ■ Repeat wet combing.

Day 9

Date: _____ Done: ■ Repeat wet combing.

Day 13

Date: _____ Done: ■ Repeat wet combing.

Day 17

Date: _____ Done: ■ Check that the hair is free of lice.

Wet combing basics

Wash with ordinary shampoo, apply plenty of conditioner, then comb the whole head from roots to ends with a detection comb. When finished, comb through all the hair a second time.