Ad-aware
Install the program and launch it.

I strongly recommend that you read the help file to familiarize yourself with
the program.

Before running the scan look at the top of the main window and you will see a
Gear Icon. This is where you configure the settings. Click on that and then in
the next window that pops up click on the 'Scanning' tab on the left side. Under
'Drives and Folders' put a check by 'Scan within archives' and below that under
'Memory and Registry' put a check by all the options there.
Then click on the 'Tweak' tab and under 'Scanning engine' put a check by
'Unload recognized processes during scanning'   then   under 'Cleaning
engine' put a check by 'Let windows remove files in use at next reboot' then
click 'Proceed'.

Next in the main window look in the bottom right corner and click on 'Check for
updates now' and get the latest reference files. After getting the latest
reference files you are ready to scan.

Click 'Start' and in the next window make sure 'Active in depth scanning" is
checked then click 'Next' and the scan will begin.

When it is finished put a check by and let it fix everything it finds.

Restart your computer.

                              Spybot
Install the program and launch it.

Before scanning press 'Search for Updates'.

Put a check mark at and install all updates.

Click 'Check for Problems' and when the scan is finished let Spybot fix/remove
all it finds marked in RED.

Restart your computer.

Be sure and take advantage of the "Immunize" feature in Spybot.