

BLEACH BATHS

INSTRUCTIONS FOR MAKING DILUTE BLEACH BATHS:

Bleach baths help reduce the bacteria count on your child's skin. This is helpful in patients with difficult to control or flaring eczema (atopic dermatitis), patients with MRSA or other skin infections.

To make bleach baths at home, add ½ cup of plain (fragrance free) Clorox (or other regular bleach) to a full bathtub of water. Allow your child to soak in the bleach bath for 20-30 minutes. After coming out of the bleach bath, rinse well in plain water. After that, please apply any moisturizer or topical medication that your doctor has recommended to you. You may perform bleach baths 2-3 times per week.

To make one gallon for dilute bleach soaks, add 2 teaspoons of plain (fragrance free) Clorox to 1 gallon of water.

*During the summer, swimming in a chlorinated swimming pool for 20 minutes is equivalent to a bleach bath.

*If your child complains of stinging, you can add ½-1 cup of kosher salt to the water to help.

