

## Bleach Baths for Eczema



### Why use a bleach bath?

Bleach -sodium hypochlorite baths decreases bacteria (bugs) on the skin. This can help improve active eczema and prevent skin infection.

**When should I use it?** When the skin is dry, red, and itchy or infected (active eczema).

**How often?** Twice a week. See your doctor or nurse if skin is irritated by the bath, or if infection occurs.



**What sort of bleach should I use?** Bleach is sold as household cleaner. Choose one that is plain and has no added fragrance or detergent. They come in different strengths - see below. Bleach gets weaker over time so you may need to replace with a fresh bottle



### Value Extra Strength Bleach

Buy at:  
**New World  
Pak'n Save  
Four Square**

4.2% Bleach



### CLOR-O-GENE

Buy at:  
**New World  
Pak'n Save  
Four Square**

3.1% bleach



### Necessities Bleach

Buy at:  
**The  
Warehouse**

2.1% bleach

**Make sure you store the bleach where children cannot reach it.**

**1**

*Fill your bath or tub with warm water*

- ✓ A full-sized bath filled 10cm deep holds about 80 litres of water
- ✓ A baby's bath holds around 15 litres of water
- ✓ Work out how much water is in your bath by filling it to a mark using a bucket or large bottle

**2**

*Add bleach and mix well*

- ✓ For a **4.2%** product, **add 1 ml for every litre of water**
- ✓ For a **3.1%** product, **add 1.3 mls for every litre of water**
- ✓ For a **2.1%** product, **add 2 mls for every litre of water**

*Work out the amount of bleach to add to the bath here:* \_\_\_\_\_

**3**

*Soak in the bath for 10 – 15 minutes then wash with non - soap cream*

- ✓ Rinse off with tap water
- ✓ Pat skin dry with a towel. Do not share towels
- ✓ Apply steroid and moisturiser creams