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BLEACH BATH INFORMATION

INSTRUCTIONS:

When recommended by your doctor, take one bleach bath per week:

1. Fill bathtub 1/2 full of luke warm water
2. Add 1/4 cup bleach to bath water
3. Soak 5 minutes
4. After soak, rinse off with fresh water

GENERAL INFORMATION:

Bleach baths can be an effective tool for killing bacteria as well as helping to clear atopic dermatitis. We recommend 1/4 cup of bleach in a half-full tub or 1/2 cup of bleach in a bathtub full of water.

The active component of bleach is sodium hypochlorite. This is the same as Dakin's solution, which many doctors have used for years. Dakin's solution is 0.5% sodium hypochlorite and household bleach is 4-6% sodium hypochlorite. When a cup of bleach is diluted in a bathtub full of water, the bleach solution is weaker than Dakin's solution, but still effective.