



Bleach Baths

Bacteria on the skin may make eczema worse and lead to infection. This simple formula makes for an anti-bacterial bath that is even gentler than a swimming pool and usually does not sting even when there is some open skin.

Bathtub

Fill a bathtub with warm (not hot!) water (about 40 gallons)

Add 1/4 to 1/2 cup of common liquid bleach into the water.

Completely mix the added bleach in the water.

Soak in the chlorinated water for about 10 minutes

Rinse the skin well with warm, fresh water at the end of each bath. You may use a gentle cleanser as well.

Gently pat the skin dry.

Apply the prescription creams or ointments or the moisturizer as directed while the skin is moist

Repeat bleach baths 3 to 5 times per week or as prescribed by your doctor

For e a smaller amount (4.5 gallon bucket):

Fill a bucket with warm (not hot!) water (about 4 gallons).

Pour 1/2 teaspoon to 1 teaspoon of common liquid bleach into the water

Completely mix the added bleach in the water

Soak or use a cloth to gently wash the skin for about 10 minutes

Rinse the skin with warm, fresh water. You may use a gentle cleanser as well.

Gently pat the skin dry.

Apply the prescription creams or ointments or the moisturizer as directed while the skin is moist.

Repeat 3 to 5 times per week or as prescribed by your doctor

Note: For many it is easier to do the bath and probably safer since errors in dilution are much more significant with smaller volumes. If there is any stinging, irritation or pain, stop immediately and wash with copious amounts of clear water.

To be used only under the supervision of your health care provider.