



Bleach Baths for Eczema



Why use a bleach bath?

Bleach - sodium hypochlorite baths decrease 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 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

For more info:

