

BLEACH BATHS

Bleach baths are a great way to reduce bacteria counts on the skin. This is generally considered a good way to improve chronic eczema and limit the risk of developing skin infections.

The typical formula is:

- 1/2 cup of Regular Clorox bleach (the 6% sodium hypochlorite strength) in a full tub of water or 1/4 cup in a half tub of water. (While the tub is filling, pour the bleach into the water so it mixes in. Adding too much bleach can irritate skin. Adding too little may not help.) For a baby or toddler bath, add one teaspoon of bleach per gallon of water.

- 2-3 times a week

- Exposure time should be between 10-15 minutes and no more

- Keep bath water away from eyes, nose, and mouth

- Be mindful not to bleach your towels

- Don't apply bleach directly to skin

If the baths are too drying, you may add 1.5 cups of mineral oil to the bath for moisturizing.

If the skin has cracked areas that sting, you may use a small amount of Vaseline ointment. Apply the Vaseline ointment PRIOR to bathing.

A spray bottle can be used instead of the bleach bath. Add one (1) milliliter of bleach to a 1.5-liter bottle with warm water. Transfer to a spray bottle. Spray the affected areas of skin while in shower, leave it on for 5-10 minutes, and then rinse off. Avoid spraying the face and stay away from the eyes, nose and mouth.