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Bleach Baths: Patient Information & Instructions:

What are Bleach Baths?

- Bleach baths help reduce bacteria on the skin and are commonly used to manage conditions such as infected or problematic eczema and recurrent impetiginisation (skin bacterial overgrowth or superficial infection).
- They can reduce inflammation, lower infection risk and improve skin condition.
- Bleach baths are often used alongside other treatments.
- Safety: bleach concentration slightly stronger than that of a chlorinated pool are utilised.
- They should only be done as advised by an appropriate medical professional.

What You Will Need:

- **Household bleach**: e.g. plain White King, 4.2% sodium hypochlorite.
- **Lukewarm water**: about 40 litres (roughly a quarter-full standard bathtub).
- **45 mL bleach**.
- **Optional:** 2–3 capfuls of bath oil.
- **Clean towel:** Ensure that this is not shared and washed frequently using a hot wash cycle and not shared.

Instructions:

1. Fill the bathtub with lukewarm water.
2. Add 2 -3 capfuls of bath oil (optional).
3. Add 45 mL of household bleach as above.
4. Soak for up to 10 minutes.
    - Gently wash the body, including the face and scalp.
    - Crusts or scabs can be gently softened and removed during soaking.
5. There is no need to rinse after.
6. Gently pat the skin dry with a clean towel. Avoid rubbing.
7. If prescribed, apply topical steroids *before* any moisturiser, as directed by your doctor.
8. Apply a moisturiser (emollient) generously after drying.
9. Perform 1 – 2 times per week or as otherwise directed.