



Bleach Baths

Bleach Baths are 'cleansing' baths used to help reduce the number of bacteria on the skin and help prevent eczema flares. The baths contain a gentle mixture of diluted bleach which is safe and is similar to chlorine in a swimming pool.

Which bleach to use?

Chose a simple bleach that can be bought on-line or from your local supermarket eg:

Milton Sterilising Fluid, Sainsbury's Thin Bleach, Tesco Everyday Value Thin Bleach

How to Bleach Bath:

1) Add bleach to water:

Full tub: ½ cup of bleach (150ml)

Half tub: ¼ cup of bleach (75ml)

Baby tub: teaspoon of bleach (2ml/ litre of water)

2) Mix well

3) Soak for 10 minutes

rinse only if your skin does not tolerate the bath well.

4) Pat dry gently

5) Apply topical medications to affected areas

6) Apply emollients to entire body

How often?

Repeat 1-2 x week to try and reduce eczema flares.