

# Diluted Bleach Baths For Eczema

Baths with a small amount of bleach in them can be helpful for your child's eczema. It helps get rid of bacteria that can cause infections.

**Bleach that is not very watered down (diluted) is a dangerous household poison.**

- **Never** use undiluted bleach directly on the skin.
- Avoid getting diluted bleach water in your child's eyes or in your eyes.
- Do not swallow diluted bleach water.
- Throw away or drain any unused bleach or bleach water right after use.
- Keep bleach bottles out of reach of children.
- Adding bleach can make your bathtub slippery, so be extra careful to keep your child from falling.



**How should I prepare a diluted bleach bath?**

Give your child diluted bleach baths two to three times a week.

**Follow these steps:**

- Use unscented household liquid bleach (like Clorox®). Look at the bottle to check the concentration of the bleach. On the bottle, bleach may be called sodium hypochlorite. The concentration should be about 6 to 8.75%.
- Fill up the tub with lukewarm water. There are about 40 gallons in a normal bathtub. A half-full tub is about 20 gallons.
- Pour ½ cup of bleach into the bath water for a standard full bath tub. Pour ¼ cup of bleach into a half-full bath tub. You may also use two tablespoons of bleach per four gallons of water. **Ask your child's health care provider how much to use at first.**
- Completely mix the added bleach into the water with a spatula, spoon or with your hand.
- Have your child soak in the bleach bathwater for about 10 minutes. For smaller children, use a cloth or sponge to soak the dry, scaly parts of the body with the dilute bleach bathwater, staying in longer than 10 minutes can dry out the skin.
- At the end of the bleach bath, rinse your child's skin very well with fresh, clean lukewarm water.
- Gently pat your child's skin dry.
- Put medicine (if prescribed), moisturizer or both if directed, on your child's skin.
- Repeat bleach baths two to three times a week.



**Want to learn more?**

Make an appointment with the Allergy/Immunology Program at MemorialCare Miller Children's and Women's Hospital Long Beach by calling **(562) 933-8567**.