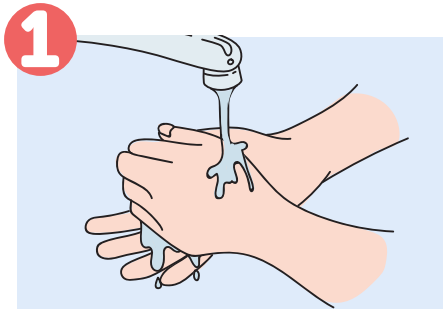


HOW TO USE BLEACH BATHS

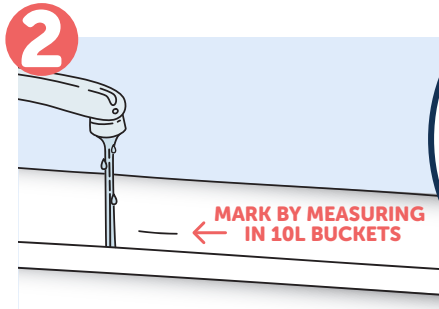
Bleach baths assist in reducing the amount of bacteria on the skin so the eczema doesn't get infected. Bleach baths can be used to manage eczema in children and adults.

You will need:

- Bath tub
- Lukewarm water
- 10 litre household bucket
- Unscented Household White King bleach – 12ml per 10 litres of water
- Bath oil – 1-2 capfuls per bath if recommended
- Pool or table salt – 1/3 cup per 10 litres of water if recommended

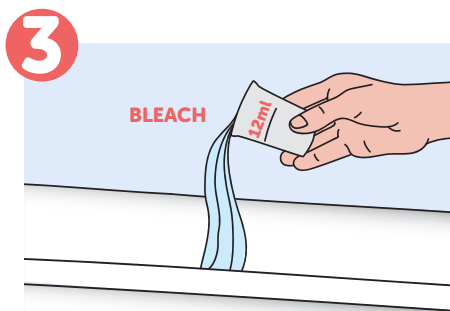


Before you start, wash and dry your hands.



Fill the bath with water to the level needed using the 10 litre bucket so that you can measure how much water you are adding.

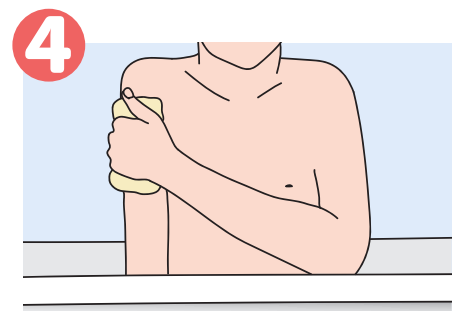
TIP
You may want to mark the water level with a permanent marker or strong adhesive tape so that you only need to measure once.



Add 12ml of bleach for each 10 litre bucket of water poured into the bath (for a half full family bath, add 1/4 cup of bleach). If recommended add salt and bath oil.



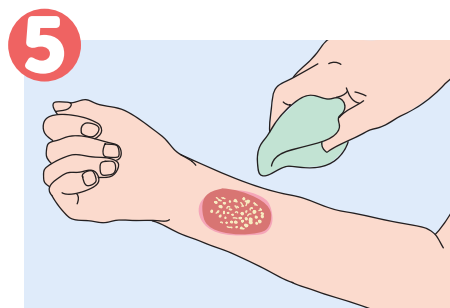
Add 1/3 cup of salt for each 10 litre bucket of water poured into the bath.



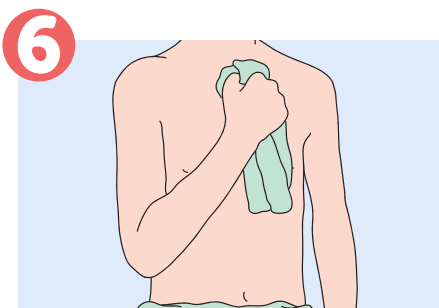
Wash yourself in the bath making sure to wet your face and head, taking care not to get water in your eyes.



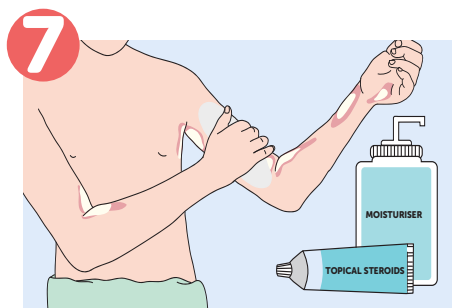
Add 1-2 capfuls of bath oil.



If you have eczema sores and crusts, gently clean these areas and try to gently remove the crust.



Once clean, get out of the bleach bath – do not rinse after bathing. To dry off, pat yourself gently (do not rub) with a soft clean towel.



Apply topical steroids and moisturisers as directed by your doctor or nurse practitioner.