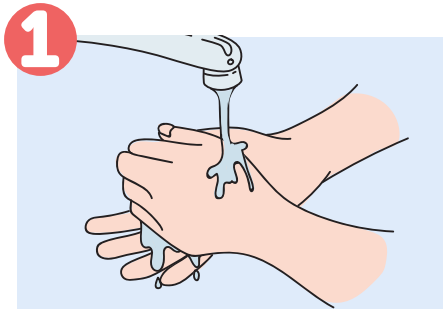


HOW TO USE BLEACH BATHS

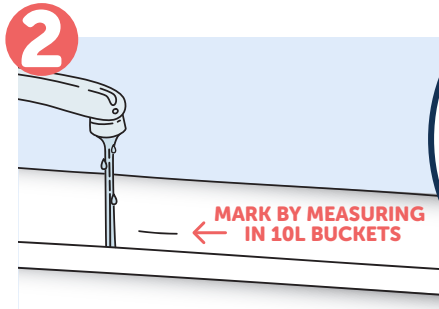
Bleach baths assist in reducing the number of bacteria on the skin so the eczema doesn't get infected. Bleach baths can be used to manage eczema in children and adults.

You will need:

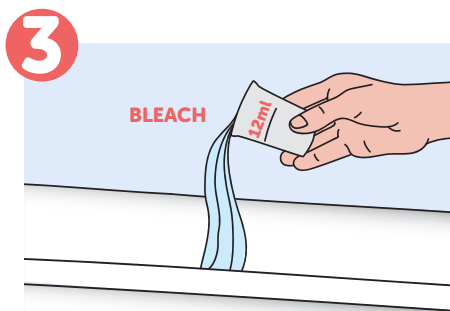
- Bath tub or baby bath
- Lukewarm water
- 10L household bucket
- Unscented Household White King bleach – 12mL per 10 litres of water
- Bath oil – 1-2 capfuls per bath if recommended
- Pool or table salt – 1/3 cup per 10 litres of water if recommended



Before you start, wash and dry your hands.



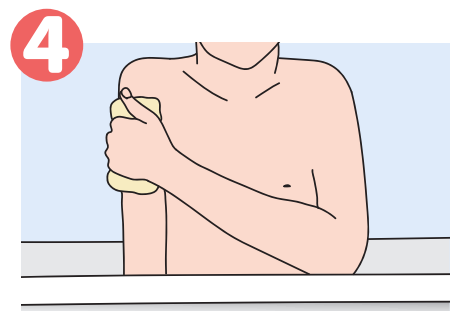
Fill the bath with water to the level needed using the 10 litre bucket so that you can measure how much water you are adding.



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.



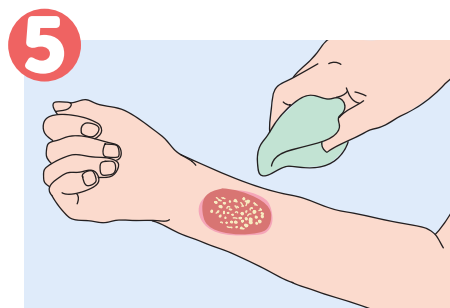
Add 1/3 cup of salt for each 10 litre bucket of water poured into the bath.



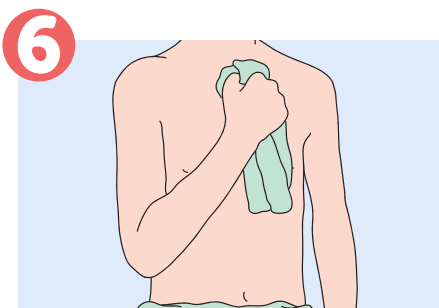
Wash yourself in the bath making sure to wet your face and head, taking care not to get water in your eyes.



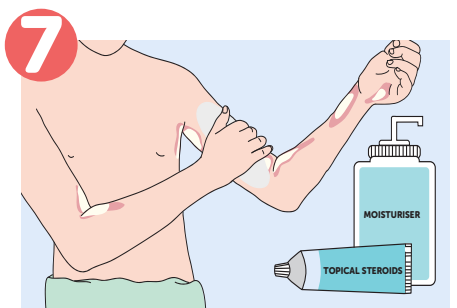
Add 1-2 capfuls of bath oil.



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



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



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