

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

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Bleach Baths

A patient's guide



Bleach baths are 'cleansing' baths used to help prevent flares of eczema. They contain a gentle mixture of water and a diluted bleach which helps to safely decrease the amount of bacteria on the skin. The build-up of a bacteria called *Staph. Aureus* can make eczema worse. This bacteria is commonly found on skin in small quantities. However if there is a large amount of this bacteria, it can make eczema worse. The bleach baths are safe to use and similar to chlorine which is used in swimming pools.

What bleach is needed to make a solution?

Use a simple bleach that can be bought on-line or from your local supermarket e.g.:
Milton disinfecting solution, Tesco everyday value thin bleach, Asda Smartprice thin bleach

How do you make the solution?

1. Fill up bath tub with warm water
2. Add bleach to water
 - Full tub (10cm depth of water/40 gallons) : add half a cup of bleach (150ml)
 - Half tub : add quarter cup of bleach (75ml)
 - Baby tub : 2ml of bleach for every 1 litre of water
3. Mix the solution well
4. Soak for 10- 15mins max
5. Do not submerge your head or face into water

6. Rinse body well with warm water afterwards
7. Pat skin dry. Do not rub.
8. Immediate use emollients and any prescribed treatments

How often should it be used?

One or two times per week.

Important points to note

Do not add any other products to the bath water

Do not use excessively hot or cold water

It is important that you do not use Milton baths if you have any open wounds on the skin as this may cause stinging or burning.

If very hot water is used, it may cause coughing due to chlorine fumes released

Do not use undiluted bleach on the skin. If this occurs, rinse off immediately with water.

Bleach baths can cause mild discomfort, however most patients tolerate it well and it can help to improve their eczema. If however skin irritation does occur, rinse off well with warm tap water and then apply emollients and any prescribed topical treatments.

As Milton Sterilising Fluid is a type of bleach it can cause bleaching of clothing and towels so try to avoid any direct contact.