

Bleach bath instructions for my baby (for babies 6 months to 12 months old)



Help your baby's eczema get better by doing bleach baths.

Bleach baths may be very helpful for babies who have a lot of flares—where the eczema keeps getting worse and coming back. Flares are cases where eczema may require more care.

What is a bleach bath?

A bleach bath is a bath where you add a small amount of bleach to warm water. The amount of bleach you use depends on how big the tub is and how much water is in the tub. Look at the other side of this page to find out how much bleach to add.

Why should I give my baby bleach baths?

Bleach baths can make your baby's eczema flare less often. Your baby's skin may be less scaly, less red, and less itchy. Bleach baths may also help your baby have skin infections less often.

How often should I give my baby a bleach bath?

Your baby can have a bleach bath 2 to 3 times a week.

Is it safe to give my baby a bleach bath?

Yes! Bleach baths have been found to be safe for babies when used appropriately. Only a small amount of bleach is used—close to what is used in a normal swimming pool.

If you have any problems with bleach baths, talk to your doctor.

What you need to give a bleach bath



Small bathtub for babies



Regular bleach (called sodium hypochlorite 6%)



Be careful—DO NOT use bleach with a sodium hypochlorite concentration greater than 6%



Water



Measuring spoon


The content contained in this brochure does not replace any medical advice given by your healthcare provider.

Steps for giving your baby a bleach bath

STEP 1



Fill the baby tub with water that is a little warmer than how warm your body is.

 *Be careful. Do not make the water too hot or too cold!*

STEP 2



Add 5 mL (or 1 teaspoon) of bleach to the baby tub for each gallon of water and mix well.


Do not add anything else to the water!

TIP: You can use a clean 1 gallon milk carton to see how much water your baby tub holds.

STEP 3



Put your baby in the tub and have your baby stay in the water for 10 minutes with the water covering the parts of the body with eczema. Stay with your baby during the bath.

 *Be careful. The tub can get slippery when there is bleach in the water.*

Be careful that bleach water does not get in your baby's eyes.

Be careful that your baby does not drink any bleach water.

STEP 4




Wash off your baby with regular water.

STEP 5



Pat your baby dry with a towel.

 *Be gentle when drying the skin. Try not to rub the skin with the towel because this may bother the skin.*

STEP 6



Right after patting dry, do your baby's regular, everyday skin care routine. This includes putting moisturizer all over your baby's body.

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