

Bleach bath instructions for my child (for children 1 year old and up)



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

Bleach baths may be very helpful for children 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 child bleach baths?

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

How often should I give my child a bleach bath?

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

Is it safe to give my child a bleach bath?

Yes! Bleach baths have been found to be safe for children 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



Bathtub



Regular bleach (called sodium hypochlorite 6%)



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



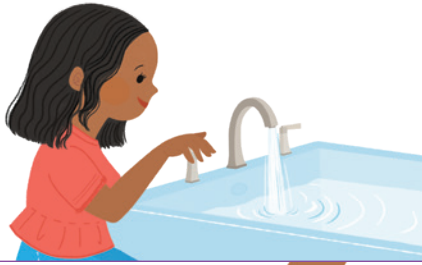
Water



Measuring cup

Steps for giving your child a bleach bath

STEP 1



Fill up half the 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 $\frac{1}{4}$ cup of bleach to the bathtub and mix well.

Do not add anything else to the water!

STEP 3



Have your child sit in the water for 10 minutes with the water covering the parts of the body with eczema. Stay with your child 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 child's eyes.

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

STEP 4



Wash off your child with regular water.

STEP 5



Pat your child 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 child's regular, everyday skin care routine. This includes putting moisturizer all over your child's body.

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

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