

# BLEACH BATHS FOR ECZEMA

The NZ Child and Youth Eczema Clinical Network | Te Rōpū Kiripai Hapori



## Why use a bleach bath?

Bleach - sodium hypochlorite baths decrease bacteria (bugs) on the skin. This can help improve active eczema and prevent skin infection. Once diluted in bath water it is similar to a swimming pool with chlorine.

## When should I use it?

When the skin is red and itchy or infected (active eczema). Some cracked eczema skin will sting when having a bath, adding bleach won't make this worse.

## How often?

Twice a week. See your doctor or nurse if skin is irritated by the bath, or if infection occurs. Wash the whole body and face.

## What sort of bleach should I use?

Bleach is sold as household cleaner. Choose one that is **plain** and has **no added fragrance or detergent**. They come in different strengths - see below. Bleach gets weaker over time so you may need to replace with a fresh bottle.



### Value Extra Strength Bleach

**Buy at:**  
New World  
PAK'nSAVE  
Four Square

**4.2% bleach**



### Shotz Bleach

**Buy at:**  
The Warehouse

**2.1% bleach**

## FOR MORE INFO:



## MAKE SURE YOU STORE BLEACH WHERE CHILDREN CANNOT REACH IT

## BATHING PROCESS:

- 1 Fill your bath or tub with warm water**
  - A full-sized bath filled 10cm deep holds about 80 litres of water
  - A baby's bath holds around 15 litres of water
  - Work out how much water is in your bath by filling it to a mark using a bucket or large bottle
- 2 Add bleach and mix well**
  - For a 4.2% product, add 1 ml for every litre of water
  - For a 2.1% product, add 2 mls for every litre of water
- 3 Soak in the bath for 10 minutes then wash with non-soap cream**
  - You can choose to rinse off after or not
  - Pat skin dry with a towel. Do not share towels
  - Apply steroid and moisturiser creams as per your eczema plan

Work out the amount of bleach to add to the bath here:

