



BLEACH BATH INSTRUCTIONS

Bleach baths are often recommended for patients with atopic dermatitis to reduce the spread of skin infections. When properly diluted and used as directed, a bleach bath is safe for children and adults.

1. Fill your bathtub with lukewarm water and mix in 1/4 cup of regular Clorox® bleach.
2. Soak in the chlorinated water for about five minutes; be sure to avoid your eyes and mouth.
3. At the end of the bleach bath, rinse with fresh, clean, lukewarm water and pat the skin dry.
4. Apply a moisturizer to the entire body.
5. Repeat the bleach bath twice a week.

TIPS

- If drying occurs, reduce the amount of time you soak in your bleach bath.
- Never directly use undiluted bleach on the skin.
- Adding bleach can make your bathtub slippery; be extra careful when entering and exiting the bath.