

Bleach Bath Instructions:

1. **Use regular strength – 6 percent – bleach for the bath.** Do not use concentrated bleach.
2. **Use a measuring cup or measuring spoon to add the bleach to the bath.** Adding too much bleach to the bath can irritate your children's skin. Adding too little bleach may not help.
3. **Measure the amount of bleach before adding it to the bath water.** For a full bathtub of water, use a half cup of bleach. For a half-full tub of water, add a quarter cup of bleach. For a baby or toddler bathtub, add one teaspoon of bleach per gallon of water.
4. **Never apply bleach directly to your child's eczema.** While the tub is filling, pour the bleach into the water. Be sure to wait until the bath is fully drawn and bleach is poured before your child enters the tub.
5. **Time in Tub:** Most dermatologists recommend a five- to 10-minute soak.
6. **Pat your child's skin dry after the bath.** If your child uses eczema medication, apply it immediately after the bath. Then moisturize your child's skin.

You can find a video and instructions at the following site:

<https://www.aad.org/dermatology-a-to-z/diseases-and-treatments/a---d/atopic-dermatitis/eczema-bleach-bath-therapy>