

Bleach Baths for Atopic Dermatitis



National
Eczema
Association

Bleach baths can be an effective tool for managing atopic dermatitis (AD). Taking a bleach bath — a bath with lukewarm water and bleach — two to three times per week may help reduce the inflammation and itch associated with AD, as well as reduce the amount of *Staphylococcus aureus* (or “staph”) bacteria living on the skin which can increase the risk of infection.

How to take a bleach bath

What you need:



Bathtub



Water



Measuring cups or spoons



Regular or non-concentrated, unscented household bleach (5–6% sodium hypochlorite)

Recommended water-to-bleach ratio:*

Tub size	Full, standard-size bathtub (~40 gallons)	Half standard-size bathtub (~20 gallons)	Baby-sized bathtub (~4 gallons)
Bleach	½ cup	¼ cup	1 tablespoon
Age	Adults	Adults and children	Children and babies

**This bleach bath recipe has the same level of chlorine as your average swimming pool.*

Directions:

1. Fill your bathtub with lukewarm water. Be sure the water is not too hot.
2. Add bleach to water and mix it in thoroughly. Do not add any other products or ingredients to the bathwater.
3. Get into the tub. Soak your body for 10 minutes. Do *not* submerge your head or face under the water. Avoid splashing and getting water in your eyes. Do *not* soak for longer than 15 minutes.
4. After you're done soaking, rinse your body off with lukewarm water and pat dry.
5. Use your moisturizer of choice to lock moisture into your skin.

Talk to your provider

Before you try a bleach bath for yourself or your child, please consult with your healthcare provider first. They can help you decide if it is a good option for you. For more resources on bathing and moisturizing with AD, visit [NationalEczema.org](https://www.nationaleczema.org).

