

Cleansing Baths for Eczema

Information for patients



Cleansing baths help reduce the number of bacteria or “germs” on the skin. This can help prevent eczema flares. Regular use also seems to improve eczema generally.

Cleansing baths may also be recommended for other skin conditions, such as recurrent skin infections.

Cleansing baths for eczema use a gentle mixture of diluted bleach, which is safe and similar to the chlorine in swimming pools.

How to run your cleansing bath

1. Choose a pure bleach without fragrance or soap, such as:
 - Tesco Everyday Value thin bleach.
 - Milton disinfecting solution.
 - ASDA Smart Price thin bleach.
2. Run your bath to your preferred temperature. Don't add bubble bath or soap, as these dry the skin.
3. Add half a cup (150ml) of bleach to at least 10cm depth of water in an adult bath tub (for a baby tub use 2ml bleach for every 1 litre of water). It is a good idea to fill the tub up, so that you can easily soak yourself all over.
4. Mix well.
5. Soak for 10 to 15 minutes. You can use your emollient cream to clean your skin whilst you are soaking.
6. You can wet your face and hair with the bath water. Children should avoid 'drinking' the bath water, but it should do no harm if it gets in their eyes or mouth.
7. Rinse with plain water, then gently pat dry and moisturise/apply creams as usual.

Repeat twice a week, to help prevent eczema flares.

Safety advice

- Children should always be supervised in the bath.
- Keep bleach out of the reach of children.
- If the concentrated bleach is accidentally swallowed, seek medical attention immediately. Wipe away any bleach from the skin and give sips of water or milk to drink. Take the suspected bottle of chemical with you.

Further advice

If you have any further questions, please contact your GP or Dermatologist (contact details will be on your appointment letters).

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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