



A guide to...

Cleansing baths for eczema

Patient information

How to contact us

Dermatology Department
Watford General Hospital
West Hertfordshire Hospitals NHS Trust
Vicarage Road, Watford, Hertfordshire, WD18 0HB

If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 187** or email **westherts.pals@nhs.net**



Department	Dermatology Department
Ratified / Review Date	January 2023 / January 2026
ID Number	23-2081-V2



Introduction

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 (NOT TABLETS) 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 10-15 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 moisture/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 reach of children.
- If the concentration 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 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 letter).