



Bleach Baths

- Bacteria lives on all of our skin surfaces. Sometimes this bacteria can cause problems such as folliculitis, recurrent boils, or secondary infection of a pre-existing skin problem such as eczema. Bleach baths are one useful tool to decrease the colony counts of bacteria on your skin.
- What you need
 - Regular Clorox bleach (sodium hypochlorite)
 - A bath tub
 - Lukewarm water
- Directions
 - Fill the bath to about $\frac{1}{4}$ to $\frac{1}{2}$ full with lukewarm water
 - Mix $\frac{1}{2}$ cup of regular Clorox bleach in the bath
 - Soak the body for about 10 minutes, avoiding contact with face
 - Repeat this process twice per week or as recommended by your doctor
- Tips and Warnings
 - Bleach is a top household poison so keep out of reach of children
 - Parental supervision is required
 - If irritation is too great, diluting the bath even further may improve this, but it will start to lose its efficacy. Do it NO MORE than twice weekly.
 - Think of it as like a swimming pool but without everybody else's bacteria...cleans your bathtub too!
 - Alternatives/Supplements: Chlorhexidine (Hibiclens) as body wash with each bathing
- “Staph Decolonization”: a regimen prescribed by the doctor for one month to decrease bacteria counts on the skin
 - Doxycycline 100mg twice per day for one month
 - Mupirocin/Bactroban ointment to the nostrils twice per day for 10 days
 - Bleach baths as above, twice weekly for one month