



Kapa'a Pediatrics, LLC

## Bleach Bath and Hibiclens Rinse

Two different ways to decolonise skin of pathogenic bacteria are “hibiclens rinse” and “bleach bath.” The following two conditions may improve with these skin cleansing methods.

- **Eczema:** itching, scratching and the immune dysregulation of eczema lead to an increased risk of infection from superficial skin flora, especially *Staphylococcus aureus*. Bleach baths may reduce the number of super infections that occur.
- **Impetigo:** if topical antibiotic ointment does not seem to be clearing the skin sores, or if there seem to be new sores starting after 3-5 days after treatment then Hibiclens Rinses or Bleach Bath soaks may help to clear the infection.

**Hibiclens (chlorhexidine) Rinse:** can be purchased at most convenience stores

1. Do NOT use on face.
2. Rinse body with warm water from neck down, apply hibiclens to a washcloth or directly to skin and wash gently. Leave on for 2 minutes then thoroughly rinse off.
3. Dry off with clean towel, change towels with every bath.
4. Repeat the rinse once a day for 5 days.

**Bleach Bath:**

1. Fill up a full normal (about 40 gallons) size bathtub with lukewarm water.
2. Check the bleach bottle to make sure that the concentration of bleach (also known as sodium hypochlorite) is about 6%.
3. Put 1/2 cup of common liquid bleach (for example, Clorox) into the bath water.
  - a. Recipe for smaller tubs: 2 ml of 2.2% household bleach for every 1 litre of water
4. Completely mix the bleach and water together. The concentration of chlorine is almost equivalent to that of a swimming pool (about 0.005%).
5. Soak in the chlorinated water for 10-15 minutes.
6. Rinse off thoroughly with lukewarm water.
7. Immediately pat dry with clean towel if your child has eczema and apply moisturizer in sterile fashion.
8. Repeat bleach baths 2 to 3 times a week for 2 weeks.
9. Never use undiluted bleach directly on skin and do not use if there is any chlorine allergy.

\*\*\* Patient handouts created by Kapa'a Pediatrics are intended to give parents the most common and pertinent facts about a certain issue. If there is ever any concern that your child was given an incorrect diagnosis or is not following the usual expected course for an illness please call us to speak with a physician. (808) 634-8011\*\*\*