

Bleach Bath Recipe

Ingredients required

- **Milton Sterilising Fluid®**
 - This is a form of bleach, containing 2% sodium hypochlorite
 - Other bleaches can be used but they should be free of perfumes, colours and consist of 2% sodium hypochlorite

How to use a bleach bath

1. Fill bath with desired amount of warm water.
2. Add Milton Sterilising Fluid® to the bath and completely mix it in. You should aim to use 2mls of Milton Sterilising Fluid® for every litre of bath water. This is roughly half a cup (150mls) to a full adult bath tub (containing water to a depth of 10cm).
3. Soak in the bath water up to your neck for about 10 minutes. For smaller children, use a sponge or flannel to soak any dry and affected areas that are out of the water.
4. At the end of the bath, rinse well with fresh warm water (this could be done in the shower).
5. As soon as the bath is over, pat the skin dry. Do not rub as this may irritate the skin.
6. Immediately apply any prescribed emollients and other treatments.

Cautions

- Never use undiluted bleach products directly on the skin
- Avoid getting undiluted or diluted bleach into the eyes
- Do not swallow bleach water
- Avoid adding bleach to very hot water, as this may produce fumes
- Bleach products may make the bath slippery
- Bleach products will cause discolouration of clothing and towels, so avoid contact with items of clothing which may be affected and use white towels if possible