



DERMATOLOGY
ASSOCIATES OF ITHACA
Healthier Skin Since 1983

BLEACH BATH INSTRUCTIONS

Bleach baths are often recommended for patients with atopic dermatitis to reduce the spread of skin infections. When properly diluted and used as directed, a bleach bath is safe for children and adults.

1. Fill your bathtub with lukewarm water and mix in 1/4 cup of regular Clorox® bleach.
2. Soak in the chlorinated water for about five minutes; be sure to avoid your eyes and mouth.
3. At the end of the bleach bath, rinse with fresh, clean, lukewarm water and pat the skin dry.
4. Apply a moisturizer to the entire body.
5. Repeat the bleach bath twice a week.

TIPS

- If drying occurs, reduce the amount of time you soak in your bleach bath.
- Never directly use undiluted bleach on the skin.
- Adding bleach can make your bathtub slippery; be extra careful when entering and exiting the bath.

Ithaca: 1051 Craft Rd | Cortland: 3773 Luker Road
T: (607) 257-1107 | www.ithacaderm.com



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