

BLEACH BATHS FOR ECZEMA

The NZ Child and Youth Eczema Clinical Network | Te Rōpū Kiripai Hapori



Why use a bleach bath?

Bleach - sodium hypochlorite baths decrease bacteria (bugs) on the skin. This can help improve active eczema and prevent skin infection. Once diluted in bath water it is similar to a swimming pool with chlorine.

When should I use it?

When the skin is red and itchy or infected (active eczema). Some cracked eczema skin will sting when having a bath, adding bleach won't make this worse.

How often?

Twice a week. See your doctor or nurse if skin is irritated by the bath, or if infection occurs. Wash the whole body and face.

What sort of bleach should I use?

Bleach is sold as household cleaner. Choose one that is **plain** and has **no added fragrance or detergent**. They come in different strengths - see below. Bleach gets weaker over time so you may need to replace with a fresh bottle.



Pams Extra Strength Bleach

Buy at:
New World
PAK'nSAVE
Four Square

4.2% bleach



Shotz Bleach

Buy at:
The Warehouse

2.1% bleach

FOR MORE INFO:



MAKE SURE YOU STORE BLEACH WHERE CHILDREN CANNOT REACH IT

BATHING PROCESS:

1

Fill your bath or tub with warm water

- A full-sized bath filled 10cm deep holds about 80 litres of water
- A baby's bath holds around 15 litres of water
- Work out how much water is in your bath by filling it to a mark using a bucket or large bottle

2

Add bleach and mix well

- For a 4.2% product, add 1 ml for every litre of water
- For a 2.1% product, add 2 mls for every litre of water

3

Soak in the bath for 10 minutes then wash with non-soap cream

- You can choose to rinse off after or not
- Pat skin dry with a towel. Do not share towels
- Apply steroid and moisturiser creams as per your eczema plan

Work out the amount of bleach to add to the bath here:



The Paediatric Society of New Zealand
Te Kāhui Mātai Arotamariki o Aotearoa

Reviewed May 2025 | Review Due May 2026