



## CENTRAL TEXAS ALLERGY & ASTHMA

Priyanka Gupta, M.D.

www.CTxAA.com

### **Bleach Bath for Skin Conditions**

Atopic dermatitis (eczema) is a chronic skin condition that usually affects the face, scalp, elbows, or knees. This red, scaly, itchy rash is more common in infants and in people with a history of allergies or asthma.

Triggers include allergens, sweating, emotional stress or irritants such as harsh soaps or wool. Another factor contributing to flare ups is Staphylococcus aureus infection (called impetigo) which is a type of bacteria that can frequently infect the skin of people with atopic dermatitis.

To decrease bacterial infection and reduce symptoms, bleach baths are *sometimes* recommended.

#### **Diluted bleach bath recipe and instructions** (excerpt from www.AAAAI.org)

Add  $\frac{1}{4}$ -  $\frac{1}{2}$  cup of common household bleach to a bath tub filled with warm water. Soak your torso or just the affected part of the skin for 10 minutes. Bleach baths should not be done more than twice a week. Do not submerge your head and be extra cautious to avoid getting the diluted bleach around the eyes.

People with extremely dry skin can find the bleach baths to be very painful. Talk to your physician first to make sure you may benefit from this therapy.

