

INFORMATION LEAFLETS FOR PARENTS / CARERS OF A CHILD

MILTON BATHS /SOAKS-SODIUM HYPOCHLORITE

Instructions for Preparation of Sodium Hypochlorite (0.0025%) (Bleach) Baths using Milton® 2%

Follow the instructions below to make the bath volume desired

Note: 1 capful of Milton® equals 30mls

- Add 120mls (4 capfuls) Milton® 2% to 100 litres of water (1/2 bath)
- Add 60mls (2 capfuls) Milton® 2% to 50 litres (1/4 bath)
- Add 15mls (1/2 capful) Milton® 2% to 14 litres (1/2 baby bath)



To make bath

1. Add the required amount of Milton 2% into an empty bath. Do not use any emollient in the bath with the Milton.
2. Add sufficient lukewarm water to fill the bath to the required amount. Mix the bleach completely in the water.
3. Soak child in the chlorinated water for about 5-7 minutes.
4. If you notice dryness or irritation occurring after the soaking stage, rinse the skin with fresh water at the end of the bleach bath.
5. When bath is finished, pat dry. Pat skin dry to avoid irritation to the skin.
6. Immediately apply any prescribed medication / emollient.
7. Repeat bleach baths 2 to 3 times a week or as prescribed by the doctor.

For Milton soaks

- If a small area requires Milton using soaks would be ideal
- Dilute Milton 1ml to 1000mls of water in a basin.
- Wet some gauze in the solution.
- Soak to area for 5-7 minutes.



Do not use

- Do not use undiluted bleach directly on the skin. Even diluted bleach baths can potentially cause dryness and or /irritation
- If there are many breaks or open areas on the skin, bleach may sting or irritate the skin.
- Do not use bleach baths in patients with a known contact allergy to chlorine

References:

1. www.eczemacenter.org
2. Paediatrics 2008; 122; 812-824 (Management of Atopic Dermatitis in the Pediatric Population)

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