

PARENT INFORMATION LEAFLET FOR PARENTS & CARERS

Sodium hypochlorite (bleach) baths using Milton® sterilising fluid



What is sodium hypochlorite (Milton®)?

Milton® sterilising fluid is a form of diluted bleach, containing 2% sodium hypochlorite. It can be bought in most pharmacies or supermarkets. Using Milton® baths helps to reduce the levels of a bacteria called Staph. Aureus on your skin. This bacteria is found on most people's skin in small amounts but too much Staph. Aureus can cause skin conditions such as eczema to become worse. Milton® sterilising fluid is recommended over other bleach formulations as it comes as a standard strength (2%) and it does not contain colouring agents or perfumes, therefore is less likely to cause stinging or irritation.

How to prepare sodium hypochlorite baths using Milton® 2%

Gloves should be worn when preparing the Milton® bath. Depending on the final volume of water in the bath, different quantities of Milton® sterilising fluid should be added. One capful of Milton® equals 30ml.

- If using 100 litres of water (1/2 standard size adult bath) add 120mls (4 capfuls) of Milton® 2%
- If using 50 litres of water (1/4 standard size adult bath) add 60mls (2 capfuls) of Milton® 2%
- If using 14 litres of water (1/2 baby bath) add 15mls (1/2 capful) of Milton® 2%

To prepare the bath, add the required amount of Milton® 2% into an empty bath (the amount required depends on how much water you are adding to the bath, as above). Fill the bath with the required amount of lukewarm water. Mix the Milton® completely in the water. If Milton® baths are made using very hot water, there is a risk that you may scald the skin so take care to only use warm water that your child can comfortably sit in. Do not use any emollient or other products in the bath with the Milton®

How to use the prepared Milton® bath

Soak your child in the bath for about 5-7 minutes. Do not splash water on the face or head as it will irritate the eyes. Rinse the skin with fresh warm water at the end of the Milton® bath to prevent irritation and dryness. When the bath is finished, pat the skin dry. Do not rub the skin to avoid irritation.





How to prepare Milton® soaks

Milton soaks can be used if a small area of the skin needs to be treated. Add 1ml of Milton® to an empty basin. Fill with 1 litre of lukewarm water. Mix the Milton® completely in the water. Wet some gauze in the solution and soak the area to be treated with the wet gauze for 5-7 minutes. Pat the skin dry. Do not rub the skin to avoid irritation.

How the treated area should be cared for after a Milton® bath or soak

After the affected areas have been soaked and dried, any prescribed creams, ointments and/or dressings can be applied as per your prescriber’s instructions. Repeat as recommended by your prescriber.

Possible side effects of Milton® baths:

- Diluted Milton® baths can potentially cause dryness and/ or irritation. If this happens, empty the bath and immediately rinse off with warm water.

Caution

- Milton® sterilising fluid is for external use only, never swallow or take internally. If accidentally swallowed, seek medical attention immediately.
- If Milton® sterilising fluid gets in the eyes, wash immediately with plenty of water and seek medical advice.
- Do not use undiluted bleach directly on the skin. If this occurs, rinse off immediately with tap water. It is recommended that you wear gloves when preparing the bath to avoid this happening.
- If there are many breaks or open areas on the skin, bleach may sting or irritate the skin.
- Do not use Milton® baths in patients with a known contact allergy to chlorine.
- Milton® sterilising fluid can cause bleaching of clothing and towels so try to avoid any direct contact.
- Milton® sterilising fluid should be safely stored out of children’s reach.
- Do not use Milton sterilising fluid past it’s expiry date

If your child experiences any irritation or adverse effects, stop using Milton® baths and contact the Dermatology Department on (01) 409 6100.

Other Information

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