

BLEACH BATHS

1. Bleach baths help reduce the bacteria that can cause your skin to be infected.
2. Take a bleach bath two to three times a week, or as your physician directs.
3. To make a bleach bath, pour $\frac{1}{2}$ cup bleach (any brand) into a $\frac{1}{4}$ tub of warm water, OR pour one cup bleach into $\frac{1}{2}$ tub of warm water.
4. Soak in the bleach solution for 20 minutes.
5. Use a paper cup to pour the bleach water over the skin that is not covered by the water in the tub. Throw away the cup after each use, in order to avoid recontamination.
6. You may take a regular shower immediately after the bleach bath.
7. Gently blot skin dry with a towel. Use a fresh towel for each bath. To avoid ruining a colored towel with the bleach solution, use a white or an old towel.