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DILUTE BLEACH BATHS

Instructions:

1. Use common household liquid bleach (such as Clorox). Check the bottle to make sure that the concentration of bleach (also known as sodium hypochlorite) is about 6%.
2. Fill up the tub with lukewarm water (about 40 gallons in a normal bathtub).
3. Pour 1/4 to 1/2 cup of bleach into the bath water for a normal full bathtub (about 40 gallons) or 2 teaspoons of bleach per gallon of water for smaller tubs.
4. Completely mix the added bleach in the water. This should create a solution of diluted bleach (about 0.005%), which is just a little stronger than a chlorinated swimming pool water.
5. Soak in the chlorinated water for about 10 minutes, or for smaller children, use a cloth or sponge to soak the affected areas of the body with the chlorinated water.
6. Thoroughly rinse the skin with fresh, clean, lukewarm water at the end of the bleach bath.
7. Pat the skin dry gently and then apply medication and/or moisturizer.
8. Repeat bleach baths 2 to 3 times a week or as prescribed by the physician.

Caution:

- Do not use undiluted bleach directly on the skin.
- Do not allow dilute bleach preparation to come in contact with eyes.
- Do not swallow dilute bleach preparation.
- Discard unused portion immediately after each use.
- Keep bleach bottle out of reach of children.

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DILUTE VINEGAR SOAKS OR BATHS

(ESPECIALLY FOR PSEUDOMONAS)

Instructions:

1. Use common table vinegar (5% acetic acid).
2. Mix 1 part vinegar in 20 parts water. For example, add about 3/4 cup of vinegar per gallon of water.
3. Completely mix the added vinegar in the water.
4. Soak in the dilute vinegar water for about 10 minutes, or for smaller children, use a cloth or sponge to soak the affected areas of the body with the dilute vinegar water.
5. Thoroughly rinse the skin with fresh, clean, lukewarm water at the end of the dilute vinegar bath or soak.

Caution:

- Do not use undiluted vinegar directly on the skin.
- Do not allow dilute vinegar preparation to come in contact with eyes.
- Do not swallow dilute vinegar preparation.
- Discard unused portion immediately after each use.
- Keep vinegar bottle out of reach of children.