

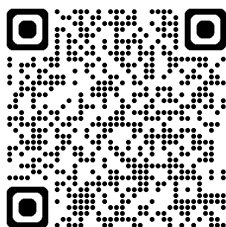
Antiseptic baths (Milton bleach baths) for the treatment of eczema



Information for people in our care, families and carers.

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What are antiseptic baths?

Antiseptic baths use a very weak bleach solution to help reduce bacteria on the skin, such as *Staphylococcus aureus* (including MRSA), which can worsen skin conditions like eczema. The bleach used is highly diluted and safe when mixed properly in bath water.

Milton® Sterilising Fluid is recommended because it does not contain perfumes or other additives. This is why antiseptic baths are often called Milton Baths.

Who are they for?

Antiseptic baths may help people with skin infections, especially those with eczema. If your child has repeated skin infections, their doctor may suggest a short course of antiseptic baths to help.

Are there any side effects?

Most people tolerate antiseptic baths well when they are prepared correctly, but some may have mild irritation. If this happens:

- Rinse off with fresh water (not bath water).
- Apply usual moisturisers or treatments.
- If irritation is severe (e.g., very dry skin or nasal irritation), stop using the baths.

How to prepare an antiseptic bath

Bathwater mixing guide

- Standard bath ($\frac{1}{4}$ full = approx. 30 litres) → 2 capfuls (60ml) of Milton® Sterilising Fluid.
- Half-full bath → 4 capfuls (120ml) of Milton® Sterilising Fluid.
- Baby bath ($\frac{1}{2}$ full = 7.5 litres) → $\frac{1}{2}$ capful (15ml) of Milton® Sterilising Fluid.

Step-by-Step Instructions

1. Add Milton® Sterilising Fluid to an empty bath.
2. Fill the bath with lukewarm water and mix well.
3. Let your child soak for 10 minutes (the whole body should be in the water). **Avoid putting their head or neck underwater.**
4. Rinse off with plain warm water (not hot).
5. Pat skin dry – do not rub.
6. Apply your usual moisturiser immediately after drying.
7. Antiseptic baths should be done 2-3 times a week or as advised by your health care professional.

Safety Precautions

- Never use undiluted bleach directly on skin
- Keep bleach bottles out of reach of children
- Avoid eye contact – rinse with water if it happens
- Do not swallow bleach – seek medical help immediately
- May cause stinging if the skin has open wounds
- Do not use if allergic to chlorine
- Bleach solution can whiten clothes/towels

Let us know what you think and get involved

Telephone: 0300 124 5300*

Email: sirona.hello@nhs.net

Website: Link to Sirona website (sirona-cic.org.uk)

*Calls from landlines are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

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Date of creation: 01/25

Date for review: 01/27

URN: 0753

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