

## **Bleach & Vinegar Treatments**

It is important to reduce the bacteria present on the skin. Bacterial overgrowth can worsen your skin disease or cause a secondary infection.

### Dilute Bleach Baths

- ¼ cup plain bleach
- ½ full bath tub of water
- Soak for 10 minutes
- Repeat up to 3 times weekly

### Dilute Bleach Compresses

- 1 Tablespoon plain bleach
- 1 gallon of water
- Use clean towel or gauze towel to apply a compress to the affected area
- Repeat once daily for 10 minutes

### Dilute Vinegar Soaks

- ¼ cup white vinegar
- 1 gallon of water
- Soak for 10 minutes
- Repeat once daily

### Dilute Vinegar Compresses

- 1 Tablespoon white vinegar
- 1 cup of water
- Use clean towel or gauze towel to apply a compress to the affected area
- Repeat once daily for 10 minutes