




# BATHING RECOMMENDATIONS

The EB expert team or Most Responsible Health Care Provider may provide special bathing instructions to help the patient with EB. Always refer to, follow, and encourage instructions from the EB team. Some examples of bathing recommendations are listed below.

<b>Pool Salts</b> 	<ul style="list-style-type: none"><li>• Pool salts added to the bath water can make bathing more comfortable.</li><li>• Inexpensive pool salts can be purchased from pool stores, hardware stores, or box stores.</li><li>• For tub bathing, add one pound (2 cups) of pool salts to 40 gallons (160 Liters) of water – this is approximately half of a normal bathtub.</li><li>• For baby bathtubs add 2.5 teaspoons of pool salt to each gallon (4 Liters) of water.</li><li>• The skin does not need to be rinsed with warm water after bathing with pool salts but can be done if desired.</li></ul>
<b>Bleach Baths</b> 	<ul style="list-style-type: none"><li>• Fill a standard tub half full of water and add ¼ cup of standard bleach – NOT concentrated bleach.</li><li>• Swirl it into the water.</li><li>• For baby bathtubs, use 2 teaspoons of bleach per one gallon (4 Liters) of water.</li><li>• Rinse skin with warm water after a bleach bath.</li></ul>
<b>Vinegar Baths</b> 	<ul style="list-style-type: none"><li>• Fill a standard tub half full of water and add 2 gallons (7 Liters) of 5% vinegar.</li><li>• For baby bathtub use 1 part 3% vinegar to 12 parts water OR 1 part 5% vinegar to 20 parts water.</li></ul>
<b>Useful Websites/links:</b> <ul style="list-style-type: none"><li>• <a href="https://www.childrensmn.org/educationmaterials/childrensmn/article/16646/epidermolysis-bullosa-bathing-recommendations/">https://www.childrensmn.org/educationmaterials/childrensmn/article/16646/epidermolysis-bullosa-bathing-recommendations/</a></li><li>• <a href="http://www.swrwoundcareprogram.ca">www.swrwoundcareprogram.ca</a></li><li>• EB Resources, including EB handbook: <a href="https://www.debracanada.org">https://www.debracanada.org</a></li></ul>	

*Disclaimer: Unless stated otherwise, information contained in this document is taken from Epidermolysis Bullosa: A Handbook for EB Patients and Families, Developed by the Section of Dermatology at the Hospital for Sick Children with the Support of DEBRA Canada and Sick Kids Hospital Department of Dermatology EB Expert Team - all content used with permission. This document was created by SWRWCP (August, 2019)*