

# Dakin's Solution

## How to make Dakin's Solution

Dakin's solution is diluted bleach used to kill germs without hurting a healing wound. Dakin's solution can be made at home or purchased at Walmart, CVS, or Amazon.

## Supplies

- Bleach, such as Clorox® (unscented at regular concentration) – NOT concentrated bleach
- Baking Soda
- Water
- Clean pan with lid
- Sterile measuring cup, spoons, and glass jars for storing Dakin's solution

## Sterilizing Options

Choose one of the following options to sterilize your tools

1. Sterilize tools by running the dishwasher at the highest settings for hot water and heat
2. Wash/boil equipment by hand and air dry, do not use a towel

## How to make Dakin's Solution ¼ Strength (0.125%)

1. Wash your hands with soap and water
2. Measure out 32 ounces (4 cups) of tap water and pour into a clean pan
3. Boil water for 15 minutes with lid on the pan, remove from heat
4. Add ½ teaspoon of baking soda to the boiled water
5. Measure one tablespoon and two teaspoons (24 ml) of bleach and add it to the water.
6. Place the solution in a sterile jar. Close the sterile lid tightly.
7. Cover the entire jar with aluminum foil to protect it from light
8. Label the jar with the date and time you made the solution
9. Dakin's solution can be stored for one month at room temperature (sealed and covered)
10. Throw away unused Dakin's solution 48 hours after opening jar.

## Precautions

- Keep out of reach of children
- Do not use Dakin's solution longer than one week, unless directed by your doctor
- Do not use if you are allergic to any of the ingredients
- Stop using the solution if the condition worsens, or a rash or any other reaction develops

### **Call your doctor**

Call your doctor if you experience any of the following:

- Increased pain or burning sensation
- Rash or itching
- Redness of skin
- Swelling, hives, or blisters
- Signs or symptoms of wound infection