

## HOW TO MAKE DAKIN'S SOLUTION (Sodium hypochlorite solution)

Dakin's solution is used to kill germs and prevent germ growth in wounds. This recipe for Dakin's solution may save you money and allow you to fix only the amount you need.

### SUPPLIES NEEDED:

- o Sodium hypochlorite solution 5.25% (Clorox® or similar household bleach). Be sure to purchase unscented bleach. Do not use ultra bleach products that are more concentrated and thicker.
- o Sodium bicarbonate (baking soda)
- o Clean tap water
- o Clean pan with lid
- o Sterile measuring cup and spoons (sterilize using a dishwasher on highest heat setting)
- o Sterile jar with lid (see above)

### DIRECTIONS:

1. Wash your hands well with soap and water.
2. Measure out 32 ounces (4 cups) of tap water. Pour into the clean pan.
3. Boil water for 15 minutes with the lid on the pan. Remove from heat.
4. Using a sterile measuring spoon, add 1/2 teaspoonful of baking soda to the boiled water.
5. Your doctor may prescribe one of several strengths. Measure bleach according to the chart and add to the water.

	Full Strength	½ Strength	¼ Strength
Clorox	3oz (95mL)	1 Tbsp + 2 tsp (45mL)	1 Tbs + ½ tsp (22mL)
Water	32oz	32oz	32oz

6. Place the solution in a sterile jar. Close it tightly with the sterile lid. Store the jar in a cool, dry place.
7. Throw away any unused portion 48 hours after opening. Unopened jars can be stored for one month after you have prepared them.

### PRECAUTIONS:

- o Keep out of reach of children.
- o If using the solution as a mouth rinse, do not swallow.
- o Do not use for longer than one week, unless directed by your doctor.
- o Do not use if you are allergic to any ingredients
- o Stop using the solution if your condition worsens, or you develop a rash or other reaction.

### WHAT TO WATCH FOR:

Report the following signs or symptoms to your doctor:

EXCESSIVE BLEEDING • FOUL SMELLING DRAINAGE • REDNESS OR SWELLING AT WOUND • PERSISTENT NAUSEA OR VOMITING • TEMPERATURE OF 101° OR ABOVE • SEVERE OR WORSENING PAIN