

## BATH TREATMENTS

### **POTASSIUM PERMANGANATE BATH:**

Potassium permanganate (KMNO<sub>4</sub>) 3% solution is used in the treatment of infected and exudative skin diseases. The bath has a strong bactericidal action, in addition to being dehydrating, antipruritic and relaxing.

The solution is available at the pharmacy without a prescription.

<u>For wrap treatment:</u>	1 tablespoon of solution for 1 liter of water.
<u>For local baths:</u>	1 tablespoon of solution for 5 liters of water.
<u>For tub baths:</u>	½ liter of solution for each bath.

For young children, use half the amount.

Perform all bath- and wrap treatments once every day for approximately 15 minutes.

The usual course of treatment is 3 – 7 days.

One must be aware that baths beyond this can become too strongly dehydrating, and lead to cracking of the skin. The bath leaves a tan on the skin, which should not be washed off.

You can protect your nails from the color by applying Vaseline or clear nail polish to them. Be careful not to spill the mixture on the floor (tiles, etc.) as it quickly sets color. Clean immediately in case of spilling. Bathtubs can be washed with Jif, if necessary rub tub with ½ lemon afterwards.

### **Oil Bath:**

Used for dry itchy skin. Provides the skin with moisture that is better preserved inside the skin, as a thin oil film settles on the skin when getting up from the tub after 10 – 15 minutes. At the same time, the oil acts as a lubricant. Do not use soap or shower afterwards.