



## Dakin's Solution

Dakin's solution is used to kill germs and prevent germ growth in wounds. Prepare this solution and use it in your wound **only** if prescribed by your practitioner. Another name for Dakin's solution is diluted sodium hypochlorite solution 0.5%.

### How to make Dakin's Solution

#### Gather your supplies:

- Clorox bleach or similar household bleach (Make sure it is unscented. Do **not** use ultra-bleach products, as they are more concentrated.)
- Distilled water (If you cannot purchase distilled water, please, see page 2 for instructions to make distilled water.)
- Clean jar with lid. The jar and lid should be washed in a dishwasher on the highest heat setting. If a dishwasher is not available, boil the jar and lid in water.

#### Make the solution:

1. Measure 1 liter (4 cups) of distilled water into a large sterilized jar.
2. Measure bleach according to the chart below with the strength of the solution ordered by your practitioner:

	<b>Full strength</b>	<b>1/2 strength</b>	<b>1/4 strength</b>	<b>1/8 strength</b>
<b>Bleach</b>	3 ounces (or 95ml)	3 tablespoons + 1/2 teaspoon (or 48 ml)	1 tablespoon + 2 teaspoons (or 25 ml)	2 1/2 teaspoons (or 13 ml)
<b>Water</b>	32 ounces (or 1 liter)	32 ounces (or 1 liter)	32 ounces (or 1 liter)	32 ounces (or 1 liter)

3. Place the solution in a clean jar. Close it tightly with lid. Wrap the jar in aluminum foil to protect from light or keep in a dark location away from sunlight.
4. Throw away any unused portions 48 hours after opening. If you make large amounts ahead of time, unopened jars can be kept for 30 days from date of preparation.

**Warning:**

- Keep the solution out of reach of children.
- Do not get the solution into your eyes, ears, mouth or nose. If this occurs, call the Central Ohio Poison Center at 1-800-222-1222 (TTY 614-228-2272). They will tell you what to do.
- **Do not** use the solution if you are allergic to any of the ingredients. Call for emergency help if your child develops signs of an allergic reaction: trouble breathing; swelling of the tongue; or swelling of the hands, feet, or ankles.
- Stop use of this solution if the condition worsens or a rash or other reaction develops. Call your child's doctor.

**How to make distilled water**

If you are NOT able to purchase premade distilled water, here are instructions for making it:

1. Measure 1 liter (4 cups) of tap water into a clean pot or pan.
2. Boil water for 15 minutes with the lid **on** the pan.
3. Remove from heat.
4. Use a clean measuring spoon to add half a teaspoon of baking soda to the boiled water.
5. Allow solution to cool completely with the lid on the pot before using.