



HOW TO MAKE DAKIN'S 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. Another name for this is diluted sodium hypochlorite solution 0.5%.

SUPPLIES:

- Sodium hypochlorite solution 5.25% (Clorox or similar household bleach). We do not recommend using ultra bleach products that are more concentrated and thicker.
- Sodium bicarbonate (baking soda)
- Clean tap water
- Clean pan with lid
- Measuring cup and spoons
- Jar and lid

MAKING THE SOLUTION:

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

	Full strength	1/2 strength	1/4 strength	1/8 strength
Clorox	3 oz. or 95ml	3TBSP + $\frac{1}{2}$ tsp or 48 ml	1TBSP + 2 tsp or 24 ml	2 $\frac{1}{2}$ tsp or 12-14 ml
Water	32 oz	32 oz	32 oz	32 oz