

HOW TO MAKE DAKIN'S SOLUTION

Purpose

Since 1916, Dakin's solution has been used to kill germs, prevent germ growth in wounds, and control odor, while enabling your body to continue healing. This recipe is a straightforward and economical way to make the amount you need without a prescription or a trip to the pharmacy. Dakin's solution is also known as dilute sodium hypochlorite solution, ranging from **full strength** (0.5%) to the gentlest so-called **quarter percent** (0.025%) concentration, which is 1/20 in strength.

Supplies

- Sodium hypochlorite solution 5.25% — *Use Clorox® or similar household bleach. Be sure to purchase unscented 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
- Sterile measuring cup and spoons — *Use a dishwasher on highest setting for hot water and heat to sterilize supplies*
- Sterile jar with sterile lid

Instructions

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 sterile measuring spoon, add ½ teaspoonful 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:

	Full Strength	½ Strength	¼ Strength	1/20 Strength
Bleach	3 oz. (or 95 ml)	3 Tbsp + ½ tsp (or 48ml)	1Tbsp + 2 tsp (or 24ml)	1 tsp (or 5 ml)
Water	32 oz.	32 oz.	32 oz.	32 oz.

7. Place the solution in a sterile jar. Close it tightly with the sterile lid. Wrap the entire jar with aluminum foil to protect it from light during storage.
8. Throw away any unused portion 48 hours after opening. If the lid is tightly sealed, unopened jars can be stored at room temperature for one month after you have prepared them.

Precautions

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

Call Your Doctor If You Have

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