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%.

Talk with your doctor or others on your health care team about:

• How strong or what strength solution you should make.
• How you are to use the solution in your wound care.

**Supplies**

• Sodium hypochlorite solution 5.25% (household bleach, like Clorox). 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
• Measuring cup to measure water
• Clean pan with lid
• Aluminum foil
• Tape or label
• Washed and disinfected tools*:
  • Small measuring cup and spoons
  • Spoon for mixing solution
  • Glass jar(s) with lid for storing solution

*Tools used to make the solution need to be washed, disinfected and dry before use. Refer to the section, Clean and disinfect tools, on the next page.

**Making the solution**

1. Wash your hands well with soap and water for 15 to 20 seconds. Dry with a clean towel.
2. Gather your supplies.
3. Measure 4 cups (32 ounces) of tap water. Pour into the clean pan.
4. Boil water for 15 minutes with the lid on the pan. Start time when water is boiling.
5. Remove from heat.
Clean and disinfect tools

To prevent spreading germs, clean and disinfect the tools. Disinfect means that most of the germs will be killed.

Steaming the tools for 20 minutes will kill most of the germs but should not damage any of your tools, whether metal, plastic or other materials.

1. Wash all items with dishwashing liquid and rinse well.
2. Use a large steamer pot or a steamer rack in a large pot with a lid. Put water into the bottom pot or under the steamer rack in the pot.
3. Put the tools in the steamer, placing the item you will use last in the steamer first. Be sure to include the jars and lids, spoon for mixing and the measuring cup and spoons. Be sure the tools are positioned with the open end down.
4. Put the lid on the steamer pot. Heat the pot on the stove until the water is boiling.
5. Steam the tools for 20 minutes from when the water starts to boil.
6. Remove the pot from the heat and let the tools cool 15 or 20 minutes, leaving the lid on the pot.
7. Remove the lid. The tools may still be wet and that is okay. Remove only the tool as you need to use it and avoid touching the other tools in the pot. For example, you first take out the measuring spoon to measure the baking soda. Do not put anything back in the pot after it is used or you will add germs to the other items.
8. When finished, rinse the tools and the steamer pot and set them aside until the next time you need to use the tools. Clean and disinfect the tools before you need to make your next solution.
Precautions

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

Call your doctor

If you are using the solution on your skin, call your doctor if you have:

- Pain or a burning sensation
- Rash, hives, blisters or itching
- Redness or swelling of the site
- Any signs of a wound infection:
  - Fever
  - Redness or warmth at the site
  - Change in amount or color of drainage or bad smelling drainage