

## Homemade Dakin's Solution for Wound Care

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%.

### How to Make Dakin's Solution

#### Gather Your Supplies

- Clorox<sup>®</sup> or similar household bleach (Sodium hypochlorite solution 5.25%). Make sure it is unscented bleach. **Do not** use ultra-bleach products because they are more concentrated and thicker.
- Distilled water (If you cannot purchase distilled water, see bottom of page for instructions to make sterilized water).
- Clean jar with lid. The jar and lid should be washed in a dishwasher on the highest heat setting to sterilize. If a dishwasher is not available, boil the jar and lid in water to sterilize.

#### Making the Solution

	Full Strength (0.5%) Dakin's	½ Strength (0.25%) Dakin's	¼ Strength (0.125%) Dakin's
<b>Bleach</b>	3 oz. (or 95 ml)	3 Tbsp + ½ tsp (or 48 ml)	1 Tbsp + 2 tsp
<b>Sterile Distilled Water</b>	32 oz.	32 oz.	32 oz.

1. Wash your hands well with soap and water.
2. Measure out 32 ounces (4 cups) of distilled water. Pour into a large, sterilized jar.
3. Measure bleach according to the chart above with the strength of the

4. solution ordered by your provider and add it to the water in the jar.
4. Close the jar tightly with the lid. Wrap the jar with aluminum foil to protect it from light or store the jar in a dark location away from sunlight. Store at room temperature.
5. Make sure to **label the jar** with the solution name, concentration and date made.
6. Throw away any unused portion 48 hours after opening. Unopened jars can be stored for one month after you have made them.

#### Warning

- Keep the solution out of the reach of children.
- **Do not** use if you are allergic to any of the ingredients.
- **Stop** use of the solution and call your doctor if your condition worsens, or a rash or any other reaction develops.

#### How to Make Sterilized Water

If you are not able to purchase premade distilled water, here are instruction for making it:

1. Measure 32 oz (4 cups) of tap water into a clean pan.
2. Boil the water for 15 minutes with the lid **on** the pan.
3. Remove from heat.
4. Use a clean measuring spoon to add ½ teaspoon of baking soda to the boiling water.
5. Allow the solution to cool completely with the lid on the pan before using.

### **When to Call**

Call your provider if you have:

- Pain or burning sensation
- Rash or itching
- Redness of skin
- Swelling, hives or blisters
- Signs or symptoms of wound infection such as:
  - Drainage odor
  - Redness to the skin near the wound
  - Increased drainage
  - Increased pain, fever, or chills

### **Who to Call**

Contact the surgeon or provider's office who is making recommendations for your wound care.

If you are unable to reach a provider, or your wound care is performed by the UW, please call the phone number listed below.

**Burn/Wound Clinic  
(608) 264-8040**

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 7/2023 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#8295