



HYPOCHLOROUS ACID (HOCl) USES GUIDE



WWW.THEREVOLUTIONBLOG.COM

Hypochlorous Acid Uses Guide

©2024 TheRevolutionBlog.com **All Rights Reserved**

This use guide is supplementary to the [Hypochlorous Acid Uses blog post](#), which contains more information about hypochlorous acid, links to different hypochlorous acid products, and instructions on how to make it.

This use guide's purpose is to provide you with all the hypochlorous acid uses in a downloadable format with further instructions where necessary.

I also provide additional studies, resources, and references on hypochlorous acid that may or may not have been linked in the blog post.

Disclaimer:

The information provided in this guide is for general informational purposes only and is not intended as medical, professional, or legal advice. While hypochlorous acid has recognized uses in various industries, including as a disinfectant, the safety, efficacy, and application of hypochlorous acid may vary depending on specific circumstances and individual needs.

Always follow manufacturer instructions and safety guidelines when handling hypochlorous acid. Consult a medical or other relevant professional before using hypochlorous acid for any personal, health-related, or sensitive applications. The author and publisher of this guide make no warranties, representations, or guarantees regarding the accuracy, reliability, or safety of the information contained herein, and they shall not be held liable for any damages or harm arising from the use or misuse of hypochlorous acid or the information provided in this guide.

By using this guide, you agree to accept full responsibility for your actions and any consequences resulting from the use of hypochlorous acid.

If you are going to be using hypochlorous acid it is important to know the recommended strengths for different uses.

Recommended Use Concentration:

Recommended Use Concentration:

Produce/Food Cleaning: .005%/50ppm - .006%/60ppm

Eye Lid Cleaning: .005%/50ppm - .01%/100ppm

Mouth Rinse: .005%/50ppm - .01%/100ppm

Skincare/Topical Use: .005%/50ppm-.02%/200ppm

Hand Sanitizer: .01%/100ppm-.02%/200ppm

Cleaning/Disinfecting Solutions: .01%/100ppm-.02%/200ppm

Medical Grade: Over .04%/400ppm

This is just a reminder that ppm stands for parts per million of chlorine in the hypochlorous acid product. For personal and home use, I recommend staying at 200 ppm or lower. There is really no need to use higher concentrations, as it is effective at that amount.

If you want to dilute hypochlorous acid to lower the concentration, use distilled water to achieve the right dilution.

Hypochlorous Acid Uses Skin

- [Hypochlorous Acid can be used topically to treat skin conditions caused or worsened by bacteria, viruses, fungi, or inflammation](#), including different skin sensitivities such as rashes, dermatitis, eczema, acne, rosacea, and potentially psoriasis.
- Can be used to disinfect the skin prior to skin treatments like microneedling, dermaplaning, or extractions and can also be used to disinfect the tools.
- You can spray your face after a workout to kill the bacteria when you can't wash it right away.
- Can be used to keep your makeup brushes bacteria-free between washes by spraying after use.
- Can be used to keep all your personal care and skincare tools clean.
- Use before and after hair removal to prevent ingrown hairs. It is a potential aftershave alternative. Clean your razor blades with them before and after shaving.
- It can help treat and [relieve sunburns](#) thanks to its anti-inflammatory properties.

Additional Instructions:

When using hypochlorous acid for eczema, spray on eczema areas and allow to sit and fully dry down for 1-3 minutes. You also have the option to use one of the gel products for stronger adhesion to the area. After the 1-3 minutes, I recommend using a product designed for eczema that is moisturizing, followed by something more occlusive.

As mentioned in the blog post, an oxidant may degrade any antioxidants in your skincare routine when used in your skincare routine if you are using hypochlorous acid. At the same time, antioxidants are important to use in your skincare routine if you are using hypochlorous acid.

I recommend in a typical skincare routine, you spray your face with hypochlorous acid, wait a couple of minutes for it to do its job, and then rinse off if you are going to be using an antioxidant like a retinal or vitamin C in the same routine. You can also give time between applications, although it is hard to know how much time is enough. However, I would say always give it at least a few minutes after being dry before following up with other products.

You can also spot-treat acne with it at any point in your skincare routine.

Hypochlorous Acid Uses Hygiene

- Can replace your [hand sanitizer](#).
- Deodorant, either used on its own or under your regular deodorant to increase its effectiveness.
- Can be used in a pinch when not able to take a shower by wiping down or spraying any areas that need it.
- Great for your gym bag to wipe down workout equipment or spray athletic gear.
- It is also effective at sanitizing toothbrushes and tongue scrapers between uses.
- Can also be used to keep your water flossers clean by running a solution of hypochlorous acid through them. Hypochlorous acid can also be used in a water flosser for an effective oral care treatment.
- Use to disinfect phones, earbuds, remote controls, gaming consoles, and other small electronic devices.
- Spray your pillowcase in between washes to prevent acne.
- Spray your reusable cloth masks to prevent maskne.
- Spray high-touch surfaces, such as shopping carts, door handles, restaurant highchairs, changing stations, etc., with hypochlorous acid before use.

Additional Instructions:

For hygiene purposes, I recommend keeping a one- or two-ounce bottle of hypochlorous acid in your bag. Remember that this bottle needs to be opaque.

I do not recommend leaving it in your car, especially during the summer, as it will degrade rapidly at high temperatures.

When using it as a hand sanitizer, just spray your hands thoroughly and let them air dry. The only disadvantage to an [alcohol-based hand sanitizer like this DIY one here](#) is that it does not dry as quickly and takes a minute or two for full disinfection.

However, given its multiple use cases, I still think it is a much better option for keeping in your purse.

For deodorant use, spray it, let it dry, and follow with regular deodorant on the go.

Hypochlorous acid is excellent for refreshing yourself on the go, either by spraying or wiping yourself down with a cotton round.

Bonus Tip: I like to keep a small Ziplock-type plastic bag with a few cotton rounds, Q-tips, tissues, and strings of floss in my purse. It does not take up that much room, and all these can come in very handy, especially for hygiene purposes.

Hypochlorous Acid Uses Cleaning

- General cleaning solution/disinfectant that is safe for any water-safe surface.
- Can be used to kill mold and mildew.
- Spray the inside of your front load washer door between the rubber gaskets to prevent mold and mildew.
- Great deodorizer can be used in place of other fabric refreshers for rugs and furniture.
- Hypochlorous acid is one of the most effective and safest solutions for cleaning the inside of your fridge and freezer, as it disinfects and deodorizes.
- After use, spray dish brushes and reusable scrubbing pads with hypochlorous acid. While you could also spray sponges with it, they absorb dangerous bacteria and viruses at their core, so it's far better to ditch those.
- Consider spraying water bottles, reusable bags, thermoses, sippy cups, bottles, straws, and other hard-to-clean handwash items with hypochlorous acid before letting them air dry.
- Can be used to clean dishes and utensils when water is scarce. It is great to go camping.
- Speaking of camping, spray down your camping gear between trips to prevent mold and mildew.
- Also great to spray on outdoor patio furniture to prevent mold and mildew.
- Can be used to pretreat laundry to remove strong odors. Or even sprayed on clothes between washes to keep them fresh.
- Use it as a safe way to clean toys, especially bath toys. It can even be sprayed on plush toys. There is no need to rinse.
- Great for all baby gear like strollers, car seats, high chairs, and even diaper bags.
- Use a fogging machine or atomizer with hypochlorous acid inside to sanitize the air and surfaces.
- Clean hard-to-wash accessories like hats, backpacks, and purses; even spray your shoes.
- Spray down your luggage once returning from a trip.
- Pretreat clothing with odors by spraying it down before washing. For better disinfection, you can also spray high-germ items like cloth diapers with hypochlorous acid before washing.
- Preserve fresh-cut flowers by adding a few ounces to the vase of water so they last longer.
- It makes a great yoga mat cleaner, as not all solutions are yoga mat safe, and you don't want to use a toxic product to clean your yoga mat.
- Keep your humidifier clean by spraying it with hypochlorous acid after emptying.
- You can clean and deodorize your car with hypochlorous acid.

Hypochlorous Acid Uses Health

- [Wound cleaning and healing \(including burns\)](#). A first aid kit must, as it's by far the safest antiseptic option available.
- [Water treatment](#). Just as chlorine bleach can be used to purify drinking water, hypochlorous acid can be used at the same concentrations.
- Mouth rinse (kills pathogens responsible for gingivitis, periodontitis, and tooth decay). [Here is a study showing how effective a treatment for periodontitis it is.](#)
- Can be soothing for toothaches.
- Cleaning produce or any food ([USDA says it doesn't even need to be rinsed off](#)).
- Treat mouth ulcers & canker sores. It may also help with cold sores and warts.
- Use it on bug bites to help them heal faster and minimize the itching.
- Approved [eyelid treatment](#) for blepharitis, styes, and other infections. It can provide quick relief from dry eyes and possibly eye irritation caused by seasonal allergies used externally.
- Use as a throat spray to [relieve throat infections](#).
- [Prevent virus spreading](#) and keep yourself and your kids from getting sick by spraying on a Q-tip, cleaning the inside of the nose/ears, and spraying the back of the throat after potential exposure.
- You can also use hypochlorous acid in your **Nettie Pot** for nasal irrigation.
- Tattoo, piercing, and laser treatment aftercare.
- Use as a scalp spray for treating bacterial and fungal infections on the scalp.
- Used as a foot spray to provide odor control and [fight or prevent foot fungus](#).
- It could potentially be an effective treatment against many different bacterial, viral, fungal, and yeast infections.
- Antiseptic for use in the care of patients with C-VID-19 or potentially other infections (don't believe me, [check out this study](#) and [this one](#). This stuff has impressive potential)!

Additional Instructions:

To use hypochlorous acid as an oral mouth rinse you don't want the pH to be too high so if making your own maybe use a little less vinegar. Otherwise just make sure to rinse with something alkalizing after like a sea salt or baking soda rinse. You want to swish for at least 30 seconds to a minutes. As mentioned you can also use it in your water flosser. If you have a water flosser it is the ideal thing to clean it with.

[Here is a video from an eye doctor showing how to use it on eyes.](#)

Bonus Agriculture Uses Not Mentioned in Blog Post:

- **Pesticide alternative:** Hypochlorous acid is used in agriculture to kill harmful bacteria, viruses, and fungi that could affect crops. It is an eco-friendly alternative to traditional pesticides.
- **Seed treatment:** It can be used to disinfect seeds before planting, ensuring that they are free from harmful microorganisms.

Additional References and Reading on Hypochlorous Acid:

[Cleveland Clinic: What is Hypochlorous Acid? And Why Should You Use It?](#)

[What is Hypochlorous Acid? HOCL.COM](#)

[What is Hypochlorous Acid, and is it Safe for Skin?](#)

[Hypochlorous Acid is Stronger Than Your Average Bleach But Safe For Your Skin](#)

[The Science of Hypochlorous Acid](#)

[Hypochlorous Acid vs. Bleach](#)

[Hypochlorous Acid Hand Sanitizer vs. Alcohol](#)

[Hypochlorous Acid: The Natural Cleaner You Need To Know About \(And Can Make At Home\)](#)

[Force of Nature: What is Hypochlorous Acid \(HOCl\)?](#)

[Hypochlorous Acid: 10 Skin Conditions GF2 Can Help Beat Forever](#)

[Unexpected Ways to Maximize the Skincare Benefits of Hypochlorous Acid](#)

[Why Hypochlorous Acid Spray Should Be Your Go-To For Sunburn Treatment](#)

[NIH Hypochlorous Acid: A Review](#)

[USDA States that HOCl \(Hypochlorous Acid\) Can Be Used as a No-Rinse Disinfectant on Fruit and Vegetables](#)

[Hypochlorous Acid \(HOCL\) - Not Novel, But Essential](#)

[Infectious Disease Special Addition Bye, Bye Bleach?](#)

[Hypochlorous Acid and Game Changing Paradigms in Medicine and Dentistry](#)

[Effects of hypochlorous acid mouthwash on salivary bacteria in patients with periodontal disease: a randomized controlled trial.](#)

[Hypochlorous acid inactivates oral pathogens and a SARS-CoV-2 surrogate](#)

[Does Hypochlorous Acid Eliminate Fungus?](#)

[Could our body's "bleach" be key to fighting a common fungal pathogen?](#)

[A Podiatrist's take on HOCl: A Complete Solution for Foot Care Professionals](#)

<https://www.kagedist.com/manufacturers/phc/BriefOverviewonUltraPureHOCL.pdf>

[Hypochlorous Acid for Dry Eye & Blepharitis](#)

[GoodRx Hypochlorous Acid: Uses, Side Effects, Reviews \(Eye Inflammation\)](#)

[The role of hypochlorous acid in the management of eye infections: a case series](#)

[Review of Optometry: Disinfect the Natural Way](#)

[HOCl Rapidly Kills Corona, Flu, and Herpes to Prevent Aerosol Spread](#)

[Wonder Spray \(HOCl\) Kills the Bacteria that Cause Strep Throat and Pneumonia](#)

[A sprayable Acid-Oxidizing solution containing hypochlorous acid efficiently and safely inactivates SARS-Cov-2: a new potential solution for upper respiratory tract hygiene.](#)

[Hypochlorous acid as an antiseptic in the care of patients with suspected COVID-19 infection.](#)

[Intranasal lavage with hypochlorous acid safely reduces the symptoms in the ambulatory patient with COVID-19](#)