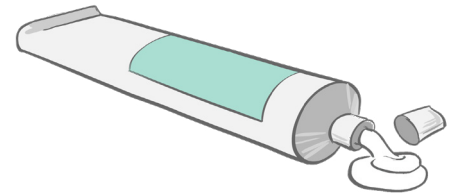




IMPROVING THE EXPERIENCE:

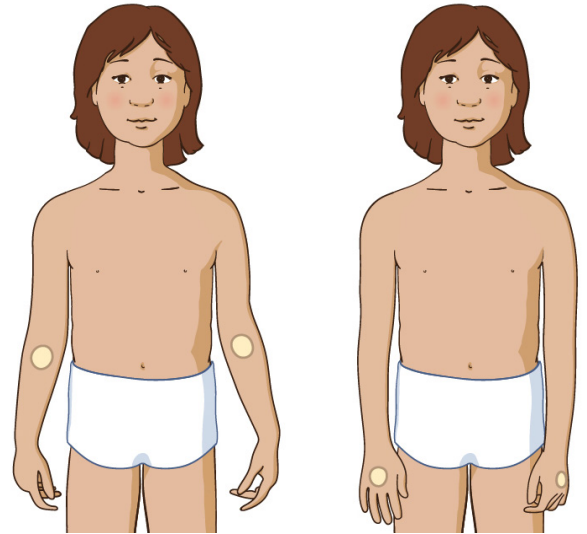
Using numbing cream to reduce pain

Numbing creams contain medicines called topical anesthetics. They are used to temporarily numb the skin and can be used to reduce the pain of needle procedures. Your child will be offered numbing cream if they are having a needle procedure in the hospital.



HOW TO APPLY NUMBING CREAM

1. Your health-care provider will choose the area where the cream will be applied depending on the procedure your child is having (see the image on the right for possible sites).
2. A nickel size up to a quarter size amount of cream will be applied to the skin.
3. The site will be covered by wrapping the area(s) with plastic wrap or using a clear bandage (such as Tegaderm®) to keep the cream in place.
4. The cream will be kept in place for 20 to 60 minutes. See the table below for the wait times for some commercially available creams.
5. Just before the procedure, the covering will be removed and the cream wiped away. The needle will be given in the pre-treated area.



Numbing cream	Brand names	Minimum time to take effect
Lidocaine	Maxilene™ 4% or 5% Zensa™ 5%	20-30 minutes
Tetracaine	Ametop™ 4%	45 minutes
Lidocaine-prilocaine	EMLA™ 5% (also comes as a patch)	60 minutes

DOES NUMBING CREAM HAVE ANY SIDE EFFECTS?

When used as directed, numbing cream has few side effects.

- Your child's skin may be whiter or redder for a short time. This is normal.

Call your health-care provider if your child:

- Gets the cream in their mouth or eyes.
- Shows signs of an allergic reaction to the cream. This includes rash, hives, swelling, wheezing or shortness of breath.

