

# Using Numbing Cream to Reduce Needle Poke Pain

SickKids is making a promise to do everything we can to reduce needle poke pain and anxiety in our patients. We are offering 4% lidocaine (a numbing cream also known as Maxilene™) for your child's needle poke procedure today. The cream will be applied prior to the needle poke procedure and it takes at least 30 minutes to numb your child's skin.

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## How does it work?

Numbing cream helps to reduce pain during needle procedures like blood draws and injections. When used with other strategies, it reduces the amount of pain or discomfort felt by your child during the procedure. The cream is put onto the skin before the procedure and needs to be in place for at least 30 minutes to work best. It can be left on your child's skin for up to 2 hours.



## What are the side effects?

When used as directed, this numbing cream has few side effects. Effects that may occur include: temporary whitening of the skin, itching, redness, or rash. If any side effects occur, notify the health care team immediately.

## How do I prepare my child?

Explain that the cream will be put on the skin and that it will be covered up while it works. This may be with a clear bandage or special tape. Just before the procedure, the covering is removed and the cream is wiped off. The cream keeps working for up to 60 minutes after it is wiped off, but the child might still feel something, it can be different for each child.

## Questions?

If you have any questions, please talk to your health care team.

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