

Let's Talk About...

Numbing Cream

What is numbing cream?

It is a type of cream used on a small area of skin to make it numb. The cream soaks into the skin and numbs the nerve endings in the area to reduce pain before shots or other procedures. It is sometimes used by parents or caregivers during certain home care procedures.

Numbing cream is sometimes called EMLA or LMX cream.

What are the side effects?

This cream should not be used if your child has an allergy to lidocaine or similar products. Your child may experience the following side effects in the area where the cream was used:

- Redness or paleness
- Itchiness (This should go away in 2 hours.)

Call your child's doctor if they are having any side effects that continue or are bothersome.

How to apply the cream at home

To apply the cream, follow these steps:

- 1 Wash your hands and the area where the cream will be placed.
- 2 Apply a dose on the skin that is about the size of a quarter. Put it on the place to be numbed. **Do not rub it in.** Do not put it on open wounds. Be careful not to get the numbing cream on your hands. Wash your hands after applying the cream.
- 3 You may need to cover the area with a plastic, non-stick dressing that is sometimes referred to as "Press'n Seal." The cream will begin to numb the site within 15 minutes after it is applied. However, it will take 20 to 60 minutes to provide pain relief, depending on the medication used. You may leave it on up to 1 hour for children under 3 months and up to 4 hours for children 3 months of age or older.
- 4 Touch the spot with your fingernail. You will know it is working if your child does not pull away or does not feel the touch.
- 5 Wipe the numbing cream off with a clean cloth and disinfect the area before the procedure. It will continue to work for 1 to 2 hours after it has been removed.
- 6 Wash your hands.



If you have any questions, be sure to ask your doctor, nurse, or pharmacist.

