

## Numbing Cream (Topical Lidocaine)

### What is numbing cream?

Numbing cream is a medicine that can temporarily reduce or dull feeling on a small area of skin. It is usually used to reduce pain before procedures, such as placing a port or IV, or when giving shots. Numbing cream is sometimes called EMLA, LMX, lidocaine, or prilocaine-lidocaine.

### What kind of medicine is in numbing cream?

Numbing cream contains 1 or 2 types of medicine:

- Lidocaine: fast-acting, lasts for a short time
- Lidocaine and prilocaine mix: fast-acting, lasts longer than lidocaine alone

### How is it used?

Your child's nurse will show you how and where to apply the cream. The amount of cream to use and when to use it before a procedure depends on your child's weight. See the table below.

Child's weight	Recommended amount to apply	Maximum amount to safely use	How long to leave it on
<b>Less than 11 pounds</b> (5 kg)	1 gram	1 gram	No longer than 60 minutes
<b>11 to 22 pounds</b> (5 to 10 kg)	1 to 2 grams	2 grams	60 minutes to 4 hours
<b>22 to 44 pounds</b> (10 to 20 kg)	1 to 2 grams	5 grams per area, or 10 grams total	60 minutes to 4 hours
<b>More than 44 pounds</b> (22 kg)	1 to 2 grams	5 grams per area, or 20 grams total	60 minutes to 4 hours
<b>Adolescents</b> (14 to 18 years old)	2.5 grams	5 grams per area, or 20 grams total	60 minutes to 4 hours



1 gram, or about  
the size of a dime



2 grams, or about  
the size of a nickel



2.5 grams, or about  
the size of a quarter

## How do I apply the cream?

- 1 Wash your hands and the area where the cream will be applied.** When you open the new tube of numbing cream you may need to poke the film with the point on the top of the cap.
- 2 Apply the dose from the tube to the clean area.** Do not rub in the cream. Wash your hands after applying the cream.
- 3 Cover the area with a non-sticky plastic wrap or a transparent medical dressing like tegaderm.** The cream should start to numb the area within 10 minutes.



- 4 Leave the cream on for the correct amount of time based on the size of your child.**
  - For children under 3 months old or less than 11 pounds: no more than 1 hour
  - For children older than 3 months and more than 11 pounds: up to 4 hours

Touch the area with your fingernail and ask the child if they can feel your touch. If they cannot feel it, then you know the cream is working.

- 5 Wipe off the numbing cream with a clean cloth a few minutes before the procedure.** The area will continue to stay numb after the cream is wiped off and will be disinfected before the procedure.

## What side effects should I watch for?

Most children will not have side effects, but they may have a skin reaction, such as redness, itching, or burning.

Serious and rare side effects may occur if you apply more than the recommended maximum amount of cream. Those include:

- Feelings of:
  - Anxiety
  - Restlessness
  - Nervousness
  - Disorientation
  - Confusion
  - Dizziness
- Blurred vision, tremors, twitching, shivering
- Nausea and vomiting, chills, ringing in the ears

When lidocaine toxicity is severe, the child may experience seizures, slower breathing rates, labored breathing, bluish skin or lips, and an increased heart rate.

## What should I do if I apply too much?

- If noticed right away, wipe the cream off and call your provider for instructions on what to do next. You may wash the area where the cream was applied with a mild soap and warm water.
- Call Poison Control – **800-222-1222**
- Go to the emergency room

Notes

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