



Anesthetic Cream: 4% Lidocaine (LMX4, Curacaine, Anecream)

You **do not need a prescription** for this cream. It can be purchased at many local pharmacies.

How does this medication work?

4% Lidocaine cream is a numbing medication that helps reduce pain during a needle procedure like a lab draw, or an injection. When used with comfort positioning and distraction, it reduces the amount of pain or discomfort felt by your child during the procedure. The cream is put on the skin **BEFORE** the procedure and needs to be in place for at least 30 minutes to work the best. **It can be left on for up to 120 min.**

How do I prepare my child?

Explain the cream will be put on their skin and that it will be covered up with plastic wrap or Tegaderm® while it works. **Do not use any other covering (such as a bandage or wrap).** 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, such as pressure.

How should I apply the cream?

Wash and dry the site before applying the cream. **Do not put the cream on an open wound** such as a cut or scratch. Please see images on page 3 for cream placement.

- For help with site location please call the clinic at **952-401-8300**

To place the cream, follow these steps:

1. Put the correct amount of cream to each appropriate site (See page 3 for placement). **Do not put on more than instructed:**
_____ Dime sized amount of cream if child weighs **less than 22 pounds.**
_____ Quarter sized amount of cream if child weighs **22 pounds or more.**
2. Cover with plastic wrap or Tegaderm® to keep cream in place and prevent child from getting it in their mouth or eyes. **Do not use any other covering (such as a bandage or wrap).**
 - If using Tegaderm®:
 - a. Peel the center paper liner off.

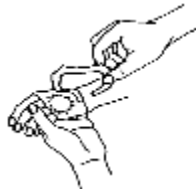


- b. Cover the cream, holding onto the Tegaderm® frame. Try not to press down on the center as the cream will push out the sides.



- c. Smooth down the edges of the Tegaderm®.

- d. Remove the frame.



- e. Repeat if needed for the second site.
3. Write down the time the cream was applied. Once the cream is covered, it works best if not handled.
Do not let your child chew, suck, or play with it.
4. If cream oozes out from under the covering, wipe off with a cloth. **Avoid** contact with the mouth or eyes.
5. Wash hands after applying.

What are the side effects?

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

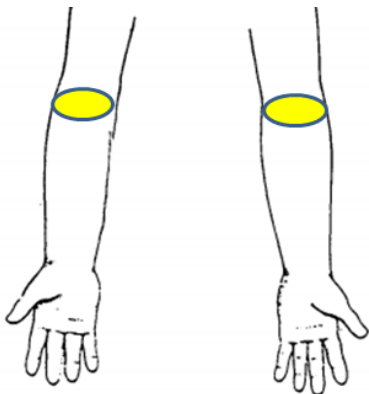
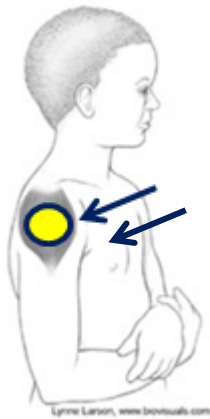
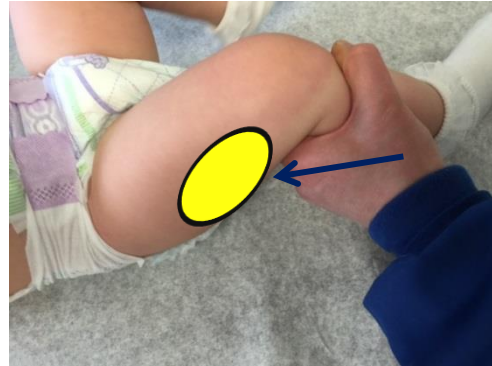
- Temporary whitening of the skin is normal.
- Itching, redness, or a rash may occur. If this happens, remove the cream and notify the clinic for further instructions.

When should I call the clinic?

- Question about the sites (such as a scrape or cut at the site) or where to place the cream.
- Signs of a skin reaction such as redness, itching or rash.
- If your child gets the cream in his mouth or eyes, rinse immediately with plain water and call for further instructions.

Call 911 for signs of allergic reaction:

- Hives, swelling, wheezing, or shortness of breath.



FOR A BLOOD DRAW - Apply cream on the inside bend of your child's elbow.

For Vaccines-

We usually recommend that when giving multiple vaccines they be given on the thigh for children less than 5 years old. Please discuss with your older child if they would prefer the thigh or the arm as either location can be used.