Topical Anesthetic Creams

Topical anesthetics are used to make small areas of the skin numb. They are used to decrease the pain of needle sticks, or for minor surgery and/or procedures.

Your child’s doctor has ordered the following topical agent for your child:
(Refer to the appropriate instructions below)

| 4% Lidocaine (LMX4®) | 2.5% Lidocaine, 2.5% Prilocaine (EMLA®) |

**How to Use 4% Lidocaine (LMX4®):**

- **DO NOT** wipe or wash the procedure area unless it is dirty. Soap or alcohol will strip the normal lipids off the skin that are needed for best results.
- Wash your hands with soap and water. Apply gloves.
- Rub a small amount (pea size) of LMX4® into your child’s skin on the designated site for 30 – 60 seconds.
- Apply a dollop (thick layer of cream) to the same area.
- You may choose to use an occlusive dressing or covering (i.e. Band-Aid®) over the area or leave it uncovered.
- Leave the medication on the skin for: 30 minutes 45 minutes
- Wipe the area off with a wet cloth, alcohol, or betadine prior to the needle stick or procedure only if instructed.

**Special Instructions for 4% Lidocaine (LMX4®):**

- 4% Lidocaine (LMX4®) is available over-the-counter and can be purchased at your local pharmacy. Your child’s doctor will tell you what size tube you will need.
- 4% Lidocaine (LMX4®) does not require any covering or occlusive dressing while on the skin. However, you may choose to use one to avoid wiping it off.
- The numbing effect starts about 30 minutes after being applied.
- Do not leave 4% Lidocaine (LMX4®) on the skin longer than 2 hours.
- Do not apply to eyes, mouth or ears.
- Do not allow your child to scratch or rub the treated skin. Do not expose the skin area to hot or cold temperatures until complete sensation returns.
- Do not use on children under 2 years of age unless directed by your child’s doctor.

**How to use 2.5% Lidocaine, 2.5% Prilocaine (EMLA®):**

**Cream:** Apply a thick layer of cream directly to the area of skin. Cover the area as directed for 1-3 hours to provide numbness.

**Disc:** Apply as directed. Be sure the adhesive edges are secure on your child’s skin. Do not press on the center of the disc.
Special Instructions for 2.5% Lidocaine, 2.5% Prilocaine (EMLA® or Forguera):

- The cream needs to be covered with an occlusive dressing so the skin can absorb the medication.
- The cream comes in different size tubes. The amount to use will be prescribed by your child’s doctor based on your child’s age, weight and the procedure being done.
- A new disc should be used for each procedure.
- The numbing effect starts about 1 hour after being applied.
- Do NOT leave on the skin for longer than 4 hours.
- Wipe off the area as directed (with alcohol, betadine or wet cloth) prior to the needle stick or procedure.
- Do not apply to eyes, mouth or open wounds.
- Do not use on children under 1 month of age unless directed by your child’s doctor.

Common Side Effects of Topical Anesthetics:

- Paleness of the skin
- Redness
- Itching and rash
- Swelling of skin in contact with cream

Side Effects to Report Immediately to Your Child’s Doctor:

- Nervousness
- Drowsiness
- Confusion
- Dizziness
- Blurred vision
- Vomiting
- Ringing in the ears
- Tremors
- Low blood pressure
- Slow heart rate
- Difficulty breathing

Special Considerations:

- Store this medication at room temperature.
- Let your child’s doctor and pharmacist know if your child is taking any other medications or is allergic to any medications.
- Tell your child’s doctor and pharmacist if your child is taking any vitamins, herbal products or nutritional supplements.
- Tell your child’s doctor about any medical conditions your child has.
- Keep the medication in its original container and away from sunlight, heat or dampness.
- Keep the medication out of the reach of children.
- Apply only the amount of medication and at the times prescribed by your child’s doctor.

Call the Poison Control Center at 1-800-222-122 if:

- Medication is not used as directed.
- Medication is accidentally swallowed.

Call your child’s doctor or the Children’s Mercy Hospital Information Line at (816) 234–3188 if you have any questions or concerns about this medication.