

Comfort Promise

What is numbing cream?

Numbing cream helps to reduce your child's pain during needle procedures like blood draws and injections. There are several different types of numbing cream, and each type requires a different specific time to take effect. Always confirm which type of numbing cream you are using to ensure you are leaving it on your child's skin for the recommended waiting time.

Numbing cream	Brand names	Minimum time to take effect
Lidocaine	Maxilene™ 4% Zensa™ 5%	30 minutes
Tetracaine	Ametop™	45 minutes
Lidocaine with prilocaine	EMLA™	60 minutes

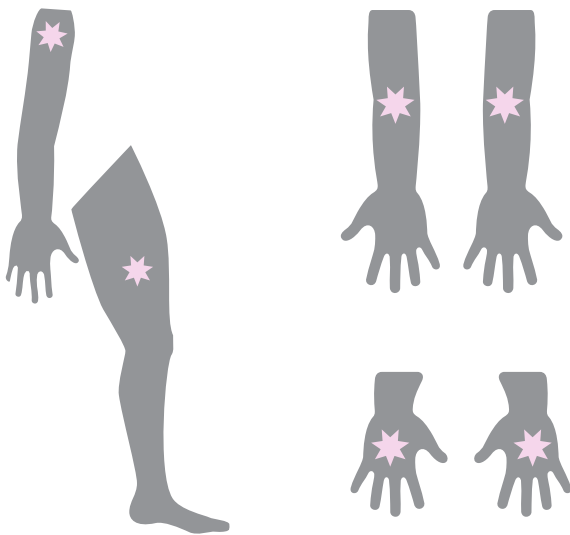
All numbing creams should be removed 2 hours after they have been applied.

Supplies required to apply numbing cream

- Numbing cream
- Transparent bandages (brand name Tegaderm™) or plastic wrap to cover the cream
- Gloves (optional)

How to apply numbing cream

- 1 Confirm the needle poke location with your child's healthcare team.
- 2 Check the label and expiration date of the cream before giving your child each dose. If the cream is expired, throw it out and ask your child's healthcare team for a new tube.



- 3 Place a small amount of cream onto the needle poke site. **Do not apply more than instructed.** Your child's weight will determine how much cream to apply:
 - Less than 22 pounds (10 kg): Dime-sized spot
 - More than 22 pounds (10 kg): Quarter-sized spot
- 4 To keep the cream in place, cover the site with a transparent bandage or plastic wrap.
 - a. Placing a transparent bandage:
 - ▶ Peel the paper liner off of the bandage.
 - ▶ Cover the cream by holding the bandage by its frame. Press the edges of the frame onto your child's skin, keeping the cream in a thick layer in the middle of the bandage.
 - ▶ Smooth down the edges of the bandage and remove the frame.
 - b. If you are covering the site using plastic wrap, ask your child's healthcare team about the best way to apply and secure it.
- 5 Write down the time the cream was applied.
- 6 If any cream oozes out from the cover, wipe it off with a cloth. Avoid contact with your mouth or eyes, and wash your hands with soap and water after applying. **Do not let your child chew, suck, or play with either the numbing cream or the bandage site.**
- 7 Store any leftover cream in its original container, tightly capped, and away from direct sunlight or heat. Keep numbing creams out of children's reach, and locked up if possible.