

# Family Education Sheet

## Numbing Cream to Prepare for a Needle Procedure (Boston & Waltham)



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Many children are afraid of needles. Using numbing cream before your child has a blood test or an immunization (shot) can help with the pain. This might also help your child become less afraid of needles over time.

### Where can I get numbing cream?

- Boston Children's Hospital offers numbing cream at no cost at the CVS Pharmacy on the Longwood Campus (located on the first floor next to the gift shop) and at CVS at Waltham (12 Harvard St., Waltham, MA 02453). **Ask a member of the clinic staff for an LMX-4 card.** You will then give this card to CVS Pharmacy staff on the Longwood Campus or at Boston Children's at Waltham.
- If you are unable to get to the Longwood Campus or Boston Children's at Waltham, contact your local pharmacy to order over-the-counter numbing cream.
  - Call your local pharmacy 24-48 hours in advance to make sure they have the numbing cream available for you.
  - There will be a cost of approximately \$15 to \$30 for the numbing cream, depending on the size of the tube.
  - Call your insurance company to see if they will cover the cost of the numbing cream.

### How does numbing cream work?

- The numbing cream, called LMX-4, has a medicine called lidocaine in it that numbs the skin and surrounding tissue.
- It takes 30 minutes to work.
- The cream may stay on for 1 hour and will keep working for another hour after it comes off.

### How can I keep my child safe when using this numbing cream?

**Do not use numbing cream if your child has an allergy to lidocaine. If you are unsure if your child has an allergy to lidocaine, please ask your child's doctor.**

#### Use the numbing cream as directed:

- Do not use it on large areas of your child's body.
- Only use it for its medical use.
- Do not use it again within 2 hours of the previous application.
- Do not put the numbing cream on open areas of the skin, like cuts.

- Do not let your child eat or lick the cream.
- Keep the numbing cream out of reach of children when storing it.
- **If you use too much of the cream by accident or if someone eats it,** call the Drug and Poison Information Center at 1-800-222-1222 right away. Also, call your child's doctor.

### What are possible reactions to this numbing cream?

- Redness and rash
- Swelling or unusual feeling in the area around the numbing cream

### How much cream to use:

Age	Max Amount Each Day	When to Apply	Amount
3 years and older	Do not use more than half (½) of a 5 gram tube per arm in 1 day.	30 minutes before the needle procedure	1x1 inch square in a thick layer
Younger than 3 years	Do not use more than one-fourth (¼) of a 5 gram tube per arm in 1 day. This means most of the cream should be left in the tube after its first use.		

### How long does it take the numbing cream to work?

- The cream should be applied to the skin and left on for at least 30 minutes, but no longer than 1 hour. The medicine will start to numb the area after 30 minutes.
- If you wait longer than expected for the needle procedure, take off the numbing cream no later than 1 hour after it is applied.
- The skin will stay numb for 1 hour after the cream is removed.

## How do I take off the numbing cream?

- 1 Dab rubbing alcohol or adhesive removal around the outside edges of the plastic dressing to loosen them. Then, grab the corners on opposite edges. Peel and lift off the plastic dressing.
- 2 Wipe off all of the cream with a tissue.

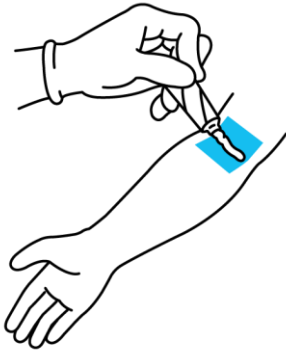
- 3 Throw away the plastic dressing in a place where children cannot reach it.
  - 4 Wash your hands.
  - 5 The skin may look pale or white after you wipe off the cream. It should be back to normal within 2 hours.
- For questions or concerns, contact your child's prescriber.

## How do I put on the cream for a blood draw?

A parent or a nurse can apply the numbing cream. **If your child's skin has open cuts or wounds, talk with the doctor or nurse before using the cream.**

- 1 Do not wash the skin before putting on the cream, unless the skin is visibly dirty. This is because the skin's natural oils help the cream to soak in better.

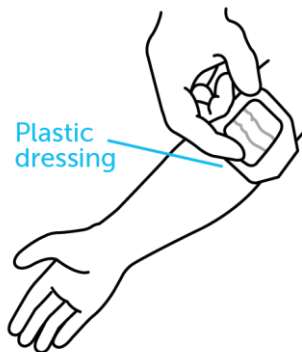
If you were told to wash your child's skin before putting on the cream, only use mild soap and water to clean the area. Do not use alcohol wipes.



- 2 Place the numbing cream (in a thick layer) over the vein at the inner part of the elbow (or as told by the doctor or nurse).



- 3 Do not rub the numbing cream into your child's skin.



- 4 Cover the numbing cream with plastic dressing. Plastic dressing is included in the box containing the cream. You can also use Press'n Seal wrap from your grocery store.



- 5 Wash your hands after applying the numbing cream.

This Family Education Sheet is available in [Arabic](#) and [Spanish](#).