4% Lidocaine quick fact sheet (LMX®, anacream®)

General
- Apply to 30 minutes before a needle procedure for best effect
- May stay in place for up to 2 hours
- Continues to work up to 60 minutes after it is removed
- Applying warm packs may reduce effective time to 15-20 minutes, and can be used to reverse any vasoconstriction that occurs
- Do not apply to heels, toes, or fingers, those areas have too many nerve endings to numb, and it is not effective.

Orders
There are conditional orders on all care sets for 4% lidocaine (LMX)
To activate the conditional order:
Option 1 (adds as PRN order to MAR)
- Go to add orders
- Search LMX
- Add ordering MD and select conditional as order type
- Fill in order details
- Once complete and signed will place on MAR

Option 2  Scan/order/ chart (note* this only creates 1x order)
- Scan bracelet
- Click create order and doc
- Scan medication: creates and adds order to MAR
- Fill in :MD name, type of order: Conditional, and route
- Sign

Application
For labs place the 4% lidocaine on 2 sites in the following order of preference:
1) AC( antecubital), if PIV present place on opposite arm
2) If no PIV, AC on second arm
3) If PIV present, hand on opposite side
4) If PIV present, hand below the PIV

For PIV starts place cream on 2 selected sites
See pictures for suggested placement

For immunizations place on all sites to be injected (up to four sites)
See pictures for suggested placement