

# 4% Lidocaine quick fact sheet (LMX<sup>®</sup>, anacream<sup>®</sup>)

## 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