

Numbing cream for pain management: lab draws

4% Lidocaine Cream is a numbing medicine that helps to reduce the pain felt with lab draws. Using 4% Lidocaine Cream along with sucrose (sugar water) for babies 12 months or younger, comfort positioning and distraction, helps your child be much more comfortable.

The 4% Lidocaine cream can be applied **before** coming to the outpatient lab. The cream must be in place for 30 minutes to be most effective, and can be safely left on for up to 2 hours. The effects will last for up to 1 hour after the cream is wiped off.

Frequently asked questions

Where do I get the cream?

You can buy the cream at most pharmacies, and you **do not** need a prescription. The cream has several names and the cost varies by brand. Verify that it is the 4% strength. Examples of brand names are: *Curacaine, Anecream, ELA-Max 4, Lidocream4, LMX4, GoldBond Lidocaine, and Aspercream Lidocaine.*

Is it safe to use?

Yes, when used as directed. Babies and children can have sensitive skin and may develop redness or a rash. If this occurs, wipe the cream off and notify your provider. Cover the cream with plastic wrap so your child does not get it on fingers, or in mouth, nose or eyes. Clothing should be placed over the plastic wrap so it cannot be removed or create a choking hazard.

How much do I put on and where do I put it?

For babies and children:

- Under 22 pounds: Place a dime-size amount of cream on site and cover with plastic wrap
- Over 22 pounds: Place a quarter-size amount of cream on site and cover with plastic wrap

Will insurance pay for this cream?

Because the cream is an over-the-counter medication, many insurance companies do not pay for it. Medical assistance **will** cover the cost of the cream. Check with the pharmacist to find out what you need.

My child is allergic to the cream, what else can we do?

If your child cannot use Lidocaine Cream, it can be helpful to apply ice, or rub the site before the injection.

Where should I put the numbing cream?

Place the cream on **two sites** to provide options for the lab staff.

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Place the cream inside bend of both elbows (Antecubital)



Or if those places are not an option due to rash, sores, or joint tightness

On top of hands.



Questions?

This information is not specific to your child but provides general information. If you have any questions, please call your clinic.