



**CHU  
Sainte-Justine**  
Le centre hospitalier  
universitaire mère-enfant  
Université **mc**  
de Montréal

# How to apply numbing cream

Information pamphlet for parents



**This pamphlet will provide information on the use of numbing cream, which is an effective means of relieving needle pain, and is available without a prescription.**

## **What is numbing cream?**

Numbing cream is a cream that can reduce pain associated with needles, such as blood tests, injections, vaccinations and intravenous insertions. Three types of numbing creams are available without prescription in pharmacies behind the prescription counter. Ask your pharmacist.

## **When to apply it**

The cream must be applied at least 30 to 60 minutes before the needle procedure for maximum effectiveness. Application times vary from one cream to another. Respect the suggested time and leave the cream in place according to the manufacturer's recommendations. For more information, see the table on pages 4-5. For any questions, please consult your pharmacist.

## **Where to apply it**

### **For vaccines and injections**

#### **Intramuscular**



**Subcutaneous (rubella, measles and varicella vaccines or other prescribed injections)**



**For blood tests (in the elbow crease) and intravenous insertions (in the elbow crease or on the hand)**



## How to apply it

Before your child's appointment, you can apply the cream on the area of the needle procedure (see photos on previous pages). **Wash your hands before handling the cream.**

The amount to apply depends on the child's age.

- ▶ **3 months and under:** a quantity of 0.5 g per area. This corresponds to applying the size of a 5¢ coin (the beaver) to each area.
- ▶ **4 months and over:** a quantity of 1 g per area. This corresponds to applying the size of a \$2 coin (the polar bear) on each area.
- ▶ It's important to apply the cream to **two areas** each time, as it can be possible that two pokes may be required in different places to complete the procedure safely.
- ▶ Apply the cream in a **thick** enough layer that the skin is not visible through the cream.
- ▶ Cover with a transparent bandage or a plastic wrap. The Maxilene® cream can also be massaged into the skin at each desired area. **Wash your hands thoroughly after massaging the cream.**
- ▶ **Caution!** Do not apply the cream to the fingertips or to an open wound.

## Emla®

Lidocaine 2.5 % - Prilocaine 2.5 %



### Price per format (approximate)\*

Small (one application) 1g: 15 \$ (patch)	Medium (≈ 2-3 applications) 5 g : \$30 (+ 2 transparent bandages)	Large (+ applications) 30 g : 70 \$
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**Time to onset of action:** 60 minutes

**Duration of efficacy:** 1-2 hours

### Contraindications

Do not use if known allergy to lidocaine/prilocaine. Do not apply to mucous membranes (e.g. mouth), open wounds or eyes. Seek medical advice if your child has a heart block or heart rhythm disorder (arrhythmia) or serious liver disorders (severe liver damage).

### Recommended dose

0 to 3 months: 2 areas the size of a 5¢ (0.5 g/site)

4 months and over: 2 areas the size of a \$2 (1 g/site)

## Maxilene®

Lidocaine - liposomal 4 %



### Price per format (approximate)\*

Small (one application)	Medium (≈ 2-3 applications)	Large (+ applications)
-	5 g : 25 \$	30 g : 75 \$

**Time to onset of action:** 30 minutes

**Duration of efficacy:** 1-2 hours

### Contraindications

Do not use if known allergy to lidocaine. Do not apply to mucous membranes (e.g. mouth), open wounds or eyes. Seek medical advice if your child has a heart block or heart rhythm disorder (arrhythmia), or severe liver disease (severe liver damage).

### Recommended dose

0 to 3 months: 2 areas the size of a 5¢ (0.5 g/site)

4 months and over: 2 areas the size of a \$2 (1 g/site)

## Ametop®

Amethocaine (Tetracaine) 4%



### Price per format (approximate)\*

Small (one application)	Medium (≈ 2-3 applications)	Large (+ applications)
1,5 g : 10 \$	-	12 g : 75 \$

**Time to onset of action:** 30 minutes

**Duration of efficacy:** 4 hours

### Contraindications

Do not use if allergic to amethocaine, PABA or sulfonamides. Do not apply on mucous membranes (e.g. mouth), open wounds or in the eyes.

### Recommended dose

1 to 3 months: 2 areas the size of a 5¢ (0.5 g/site)

4 months and over: 2 areas the size of a \$2 (1 g/site)

Do not hesitate to visit the Tout doux website to learn more about all the ways you can help your child cope with medical procedures:

[www.chusj.org/toutdoux](http://www.chusj.org/toutdoux)

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## Notes

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