



IWK Health

Numbing Cream

(Topical Anesthetic)

What is numbing cream?

Numbing cream is a medicine that is put on the skin to reduce pain and discomfort from: needle pokes such as bloodwork; placing an IV; or injections. There are several different types of numbing cream. Each type requires a different length of time to start working. Always confirm which cream you are using to ensure you leave it on your child's skin for the right amount of time. Numbing cream can be purchased at pharmacies without a prescription. Ask your pharmacist.

Numbing Cream	Brand	Minimum Waiting Time
Tetracaine 4%	Ametop™	30 minutes
Lidocaine 2.5% + Prilocaine 2.5%	EMLA™	60 minutes
All creams should be removed after 2 hours (even if you didn't get the needle)		

What are the side effects?

When used as directed, this numbing cream has few side effects:

- Temporary, harmless whitening or reddening of the skin
- Itching, swelling, or a rash (remove cream and notify your care provider if this happens)

Some children may not be able to use numbing cream. Tell your health care provider if your child has:

- Open areas of the skin
- Kidney or liver disease
- Sensitivity or allergy to anesthetics
- Been born prematurely or is less than 1 month old
- G6PD deficiency
- Congenital/idiopathic methemoglobinemia



IWK Pharmacy, Halifax, NS
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How to Apply

- Confirm the needle poke site with your care provider.
- Apply only to the site of the poke. Do not apply on broken or irritated skin or near the eyes, ears or mouth.
- Check the expiry date on the cream. Do not use if expired.
- For young children, have 2 people help. One to support the child, the other to apply cream.
- Apply a **thick** layer of cream to clean, dry skin:
 - A dime-sized amount if child is less than 10 kg (22 lb); a quarter-sized amount if more.
 - **Do not rub in.**



Apply cream to inside of **both** elbows **or** on **top** of **both** hands

- Cover the site with a clear bandage (like Tegaderm®) or plastic wrap.
- Avoid contact with your mouth or eyes. Wash your hands with soap and water after applying.
- Do not let your child chew, suck, or play with the numbing cream or the bandage.
- Write down the time the cream was applied and leave on for the recommended time.
- When it is time for the needle, remove the covering and wipe the area to remove the cream.

Call IWK Regional Poison Control if your child gets cream in their eyes or mouth: 1-800-565-8161