



Quick tips guide to **Numbing Creams** (aka topical anesthetics)

This is quick overview of the most commonly used and recommended topical anesthetics for needle pokes and medical procedures. *Always check with your doctor to see what is best for your child.*

PRODUCT	AVAILABILITY*	HOW DO I USE IT?	HOW FAR AHEAD?	OTHER THINGS TO KNOW
LMX Cream	Over-the-counter at drug stores and online	Do not clean skin first (<i>natural oils help with absorption</i>). Apply a small amount, and rub in completely. On top of that, apply a large glob and DO NOT rub in. Cover with a tegaderm or plastic wrap.	30 minutes	You should apply to several spots to have choices of where the needle poke can go. It does NOT vasoconstrict (<i>make veins smaller</i>). Good thing to keep on hand!
EMLA Cream	By prescription	Do not clean skin first (<i>natural oils help with absorption</i>). Apply a small amount, and rub in completely. On top of that, apply a large glob and DO NOT rub in. Cover with a tegaderm or plastic wrap.	60 minutes	You should apply to several spots to have choices of where the needle poke can go. Call your medical provider ahead of time for a prescription.
SYNERA PATCH	By prescription	Peel and stick like a band-aid.	20-30 minutes	It can be expensive, but there are often online coupons. It vasodilates (<i>make veins bigger</i>) so can be good for blood tests. Call your provider ahead of time for a prescription.
J-TIP SYSTEM	By medical provider	Numbs the skin by using compressed CO2 gas to push lidocaine into the first few layers of skin without the use of a needle. It makes a pop sound when the medical provider does it.	1-2 minutes	This can be hard to find depending on your provider. Call ahead of time to see if they use it. It works very quickly so it is a very good option when time is short.

* Availability of some of these products will depend on where you are.
For more information, check out megfoundationforpain.org

