

TOPICAL ANESTHETIC CREAM:

How to Apply Numbing Cream Before Common Headache Procedures

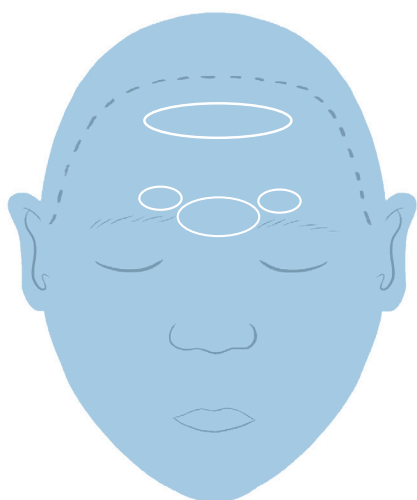


Preferred Medication: topical lidocaine 5% cream
(can be purchased over the counter without a prescription)

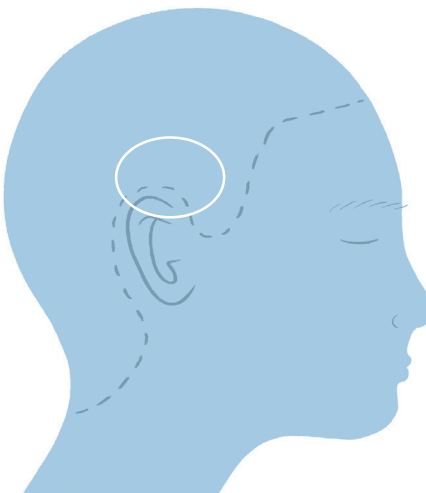
General Instructions: Do not clean skin first (*natural oils help with absorption*). Apply a small amount and rub in completely. On top of that, apply a large glob and **DO NOT** rub in. Apply the cream **30-60 minutes** prior to your scheduled appointment. You can cover the cream on your shoulders with plastic wrap or Tegaderm (*a transparent dressing you can buy over the counter*) to avoid getting the cream on your shirt. Do not worry about it getting in your hair, it will easily wash out with shampoo later.

For patients undergoing botulinum toxin injections:

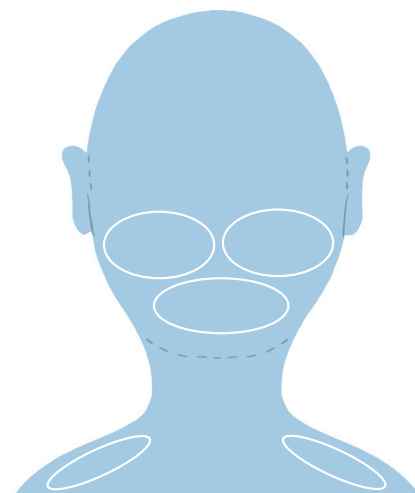
Apply cream to the following locations:



- In-between eyebrows
- Directly above eyebrows (from the inner corner of the eyebrow to the arch)
- Top half of forehead



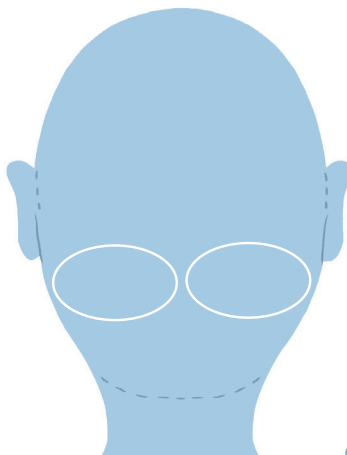
- Above ears on both sides



- Back of head
- Top of neck above the hairline
- Shoulders on both sides

For patients undergoing occipital nerve block injections:

Apply cream to the following location:



- Back of head



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