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Anesthetic (numbing) cream instructions

What's is numbing cream?

It is a topical anesthetic cream that can be used to temporarily block pain receptors in the skin to lessen discomfort from dermatology procedures. Areas of skin that are not directly covered by the cream will not be affected. Lidocaine (4 or 5% strength) numbing cream can be purchased at some local pharmacies without a prescription. Alternatively we can prescribe a numbing cream that can be purchased in our office or at a pharmacy.

How do I use lidocaine or a prescription anesthetic cream?

Prior to applying the cream, use only mild soap and water to clean the desired area. Do not use skin cleansers containing alcohol or acetone as they strip the naturally occurring oils in your skin that the anesthetic cream needs to penetrate the skin.

There are 2 ways to use the numbing cream.

- 1) Apply a thick layer of numbing cream over the area to be treated so that you can't see the underlying skin (like frosting on a cake), an hour before the scheduled treatment time. If feasible, you can cover the area with Saran Wrap (plastic sheeting) if you desire, but it is not necessary. **Or**
- 2) Massage the cream into the desired area every 15-20 minutes, starting an hour before the scheduled treatment time. In this manner you will not have to cover the area with a thick layer so that it will look less conspicuous.

We can apply the cream for you if you notify us and come in one hour before your treatment time. There is an additional \$5 to \$30 charge for this service.

How do I use numbing cream on children?

Do not apply numbing cream on children under two years of age without consulting a physician. The use of an occlusive bandage (placed immediately over the treated area after applying the cream) is strongly recommended in children to prevent accidental ingestion as well as to keep the cream in place while the anesthetic is absorbed by the skin.

Precautions

- 1) Do not put the cream in your mouth or nose.
- 2) If swallowed, get medical help or contact a Poison Control Center right away.
- 3) Be careful not to get any of this medication into your eyes. If any of the medication does get into your eyes, immediately wash out the eye with water and protect the eye until sensation returns. Check with your doctor.
- 4) Do not use it inside the ear.
- 5) Do not use it in large quantities, particularly over very raw surfaces or blistered areas.
- 6) Application of the cream to larger areas or more frequently than recommended could result in serious adverse effects.