

Name of Child: _____ Date: _____

Numbing Cream Instructions for Blood Draws

What is numbing cream?

Numbing cream works on the skin's surface to block pain signals (**topical anesthetic**). It helps reduce pain during needle pokes like a blood draw.

Why use numbing cream?

Numbing cream can help make visits for blood draws more comfortable and reduce pain. Using numbing cream may also help your child have a better experience when getting their blood drawn.

Items to buy before the blood draw:

The items you need are available over the counter at the store. This means you do not need a prescription to buy them. Before your child's blood draw, purchase the following items at a store, pharmacy, or online:

- **Numbing cream:** 4% lidocaine cream is available over the counter (no prescription needed). Brand-name and generic or store-brand versions are available. Ask a pharmacist if you need help choosing a product.
- **Clear bandage:** Cover the numbing cream so it stays in place, and your child cannot touch it. You can use plastic wrap (such as cling wrap or Saran™ Wrap, Press' n Seal™, or a clear adhesive dressing, such as Tegaderm™).
- **Gloves:** You will need nitrile exam gloves.

When and where to apply the cream:

For a blood draw, you will usually apply the cream to the inner space where your child's elbow bends or if there are any large veins identified on both child's inner elbows (**antecubital region**).

If you are unsure, ask your child's medical team before you put the cream on to pick the right place, or if you have a normal spot.



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How to apply the cream:

1. Wash your hands and put on gloves.
2. Apply the cream 30 to 60 minutes before your child's blood draw. Write down the time you apply the cream.
3. Apply the right amount of cream:
 - Dime-size if your child weighs less than 22 pounds (10 kg)
 - Quarter-size if your child weighs 22 pounds (10 kg) or more.
4. Cover with the clear bandage or cling wrap. Do not press or rub in the cream. The cream works better in a thick layer.
 - If you use cling wrap, cut a 12 to 18-inch piece so you can gently wrap it around your child's arm.
 - Check to be sure your child cannot touch the cream.
5. Take off your gloves and wash your hands.



Cover the cream with the clear bandage or cling wrap. Do not press or rub in the cream.

How long does the numbing last?

The cream begins to work in 30 to 60 minutes and lasts for 1 to 2 hours.

Before the blood draw:

The person collecting your child's blood sample will remove the covering and wipe off the numbing cream before the blood draw.

After the blood draw:

The spot where the cream was will stay numb for 1 to 2 hours.

Important safety information:

Keep the cream out of reach of your child. Avoid contact with their eyes, nose, and mouth. Follow the instructions on the cream. If the cream oozes out from the clear bandage, wipe it off. Wash your hands with soap and water if you touch the cream. It is normal for your child's skin to turn pink or white where you put the cream.

If your child weighs 11 pounds (5 kg) or less, the cream must be wiped off 1 hour after you apply it.



- Tell your child's medical team if your child is allergic to lidocaine before using this cream.
- Apply only the amount your child's medical team tells you. Using more than you are told can be harmful, especially for infants and young children.
- If you are concerned about an overdose, call **Poison Control 1-800-222-1222**.
- If your child has a severe reaction, such as trouble breathing or develops bluish-gray skin, **call 911 right away**.

Now that you have read this:

- ☐ Tell your child's medical team where to apply the cream. (Check when done.)
- ☐ Tell your child's medical team how long to leave the cream on. (Check when done.)
- ☐ Tell your child's medical team how much cream to put on your child based on weight. (Check when done.)



If you have any questions or concerns,

- ☐ Call your child's doctor or ☐ call _____

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The Emily Center at Phoenix Children's Thomas Campus**

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