

Name of Child: _____ Date: _____

Numbing Cream Instructions for Port-a-Cath (PAC) Access

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 PAC access.

Why use numbing cream for PAC access?

It can reduce discomfort and anxiety for your child, especially during repeated PAC access.

Items to buy PAC access:

The items you need are available through a prescription or over the counter at the store. Before your child's PAC access, purchase the following items at a store, pharmacy, or online:

- Numbing cream: Your physician will give you a prescription for EMLA cream. Additionally, you can purchase 4% Lidocaine cream. This cream is available over the counter (no prescription needed). Brand-name and generic/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:

Apply directly over the implanted port site on the upper chest. Families can come with the cream if they know they will need this to be accessed during the appointment. If you are unsure, ask your child's medical team before you put the cream on. The child's medical team can also apply it in their clinics.



How to apply the cream:

1. Wash your hands and put on gloves.
 - Apply the cream 60 to 90 minutes before your child's PAC access. Write down the time you apply the cream.
2. 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
3. Cover with the clear bandage or cling wrap. Do not press or rub in the cream. The cream works better in a thick layer.
 - Check to be sure your child cannot touch the cream.
4. Take off your gloves and wash your hands.

How long does the numbing last?

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

Before the PAC access:

Your child's nurse will remove the clear bandage and wipe off the cream.

After the PAC access:

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. The skin turning pink or white is normal.

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 your child has a severe reaction, such as trouble breathing, call 911 right away.
- If your child develops bluish-gray skin or you are concerned about an overdose, call Poison Control 1-800-222-1222.



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. (Check when done.)



If you have any questions or concerns,

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

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