Phoenix Children's

Si usted desea esta información en español, por favor pídasela a su enfermero o doctor.
#4005

Name of Child:_____ Date: _____

# Numbing Cream Instructions for Blood Draws

## What is numbing cream?

Numbing cream is a type of **topical anesthetic.** A topical anesthetic is a medicine that goes on your child's skin to help block pain. Numbing cream can be used before a blood draw so your child feels less pain.

Numbing cream may be especially helpful if your child needs blood draws often.



**Numbing cream can be used before a blood draw so your child feels less pain.**

## Items to buy before your child's blood draw:

- **Numbing cream**
  - Numbing cream is sold as 4% lidocaine cream. You can buy it at a store, pharmacy, or online. You do not need a prescription. Brand name, generic, and store-brand options are available. Ask a pharmacist if you need help choosing which product to buy.
- **Clear bandage**:

  You can choose the option that works best for your child:
  - Cling wrap, such as Saran Wrap™
  - Plastic food wrap, such as Glad® Press'N Seal™
  - Clear adhesive bandage, such as Tegaderm™
- **Nitrile exam gloves**

## Where to apply the cream:

For a blood draw, you will usually apply the cream to the area where your child's elbow bends (also called the crook of the arm or elbow). This area has a lot of large veins that are used for blood draws, called the **antecubital region**. If your child has a different area where they often get blood draws from, you will put the cream there.

If you are not sure where to put the numbing cream, ask your child's healthcare team.

## 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:
   - Use a dime-sized amount if your child weighs less than 22 pounds (10 kilograms).
   - Use a quarter-sized amount if your child weighs 22 pounds (10 kilograms) or more.
4. Cover the cream with the cling wrap, plastic wrap, or clear bandage. Do not press or rub in the cream. The cream works better in a thick layer.
   - Make sure the cream is completely covered and your child cannot touch it.
5. Take off your gloves and wash your hands.



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

## How long does the numbing last?

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

## Before your child's blood draw:

Your child's healthcare team will remove the cover and wipe off the numbing cream before their blood draw.

## Important safety information:

- **If your child weighs 11 pounds (5 kilograms) or less, wipe the cream off 1 hour after you apply it**.
- Keep the cream where your child cannot reach it.
- Do not get the cream in their eyes, nose, or mouth.
- If the cream leaks out from under the cover, wipe it off.
- Wash your hands with soap and water if you accidentally touch the cream without wearing gloves.
- It is normal for your child's skin to look pink or white where you put the cream.

- Do not use numbing cream if your child is allergic to lidocaine.
- Use only the amount your child's healthcare team tells you to use. Using too much can be harmful, especially for infants and young children.

**When to call for urgent issues:**

- Call 911 right away if your child has a severe reaction, such as trouble breathing.
- If your child gets cream in their eyes, nose, or mouth, rinse the area with plain water. Then call Poison Control at 1-800-222-1222.

## Now that you have read this:

**Check each box when you are done.**

☐ Tell your child's healthcare team where to apply the cream.

☐ Tell your child's healthcare team how much cream to put on your child based on their weight.

☐ Tell your child's healthcare team how long to leave the cream on.



## If you have any questions or concerns,

☐ Call your child's doctor or ☐ call _____

**If you want to know more about child health and illness, visit us at The Emily Center at Phoenix Children's Thomas Campus.**

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