Phoenix Children's

Si usted desea esta información en español, por favor pídasela a su enfermero o doctor.
#4008

Name of Child: _____ Date: _____

How to Use Numbing Cream for Port-a-Cath Access

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 needle poke so your child feels less pain.



Numbing cream can help make port access more comfortable.

Numbing cream can help make accessing your child's port-a-cath (port) more comfortable. It may be especially helpful if your child needs their port accessed often.

Items to buy before your child's port access:

- **Numbing cream**
  - Your child's provider will give you a prescription for **emla™ cream**. Emla™ cream is a type of numbing cream. You can pick up the prescription at your preferred pharmacy.
  - You can also buy over-the-counter **4% lidocaine cream.** It does not require a prescription and may cost less than emla™ cream. You can buy it at a store, pharmacy, or online. Brand-name, generic, and store-brand options are available. Ask a pharmacist if you need help choosing which 4% lidocaine cream 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:

Apply the cream directly over your child's implanted port site. If you are not sure where to put the cream, ask your child's healthcare team.

Your child's healthcare team can also apply the cream at your child's Clinic appointment.

How to apply the cream:

1. Wash your hands and put on gloves.
2. Apply the cream 1 hour before your child's port access. 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 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.

How long does the numbing last?

- Emla™ cream begins to work in 1 hour and lasts for 1 to 2 hours.
- 4% lidocaine cream begins to work in 30 to 60 minutes and lasts for 1 to 2 hours.

Before your child's port access:

Your child's healthcare team will remove the cover and wipe off the cream before accessing their port.

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 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.

1919 E. Thomas Rd., Phoenix, AZ 85016 | 602-933-1400 | 866-933-6459 | phoenixchildrens.org

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