Phoenix Children's

Si usted desea esta información en español, por favor pídasela a su enfermero o doctor.
#4007

Name of Child:_____ Date:_____

Numbing Cream Instructions for Shots

Age: 3-year-old child and older

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 getting a shot so your child feels less pain.

Numbing cream can help with vaccines and other shots. It may be especially helpful if your child gets shots often, such as allergy shots or other medicines given by a needle.



Numbing cream can be used before a shot so your child feels less pain.

Items to buy before your child's shot:

- **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 shot, you will usually apply the cream to the outer part of the upper arm, called the **deltoid**.

Place your first 3 fingers on the top part of your child's arm and use a pen to make a small dot just below your third finger. Apply the cream on the dot you made with the pen. Sometimes, we may tell you to put numbing cream in a different area. If you are not sure where to put the numbing cream, ask your child's healthcare team.

Your child's healthcare team may ask you to put the cream on both upper arms. This gives the team more than one numbed area to use for your child's shots.



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

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 shot. 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. If your child's healthcare team told you to prepare both arms, repeat steps 3 and 4 on the other arm.
6. Take off your gloves and wash your hands.

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 shot:

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

Important safety information:

- 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 clear bandage, 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. 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.

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