



4% Lidocaine Cream (Numbing Medicine) for use in patients age 4+ years.

Our Kid Friendly Commitment

Our Kid Experts are committed to making patient care as pain-free as possible. Kids are #1 around here, and their comfort is a top priority. During procedures like shots and lab draws, there are simple therapies that help to reduce pain. Offering you this option is part of our kid friendly commitment.

What is the benefit of using numbing cream prior to a painful procedure?

4% Lidocaine Cream is a numbing medicine that helps to reduce pain during a shot or a lab draw. The cream numbs the skin, which reduces pain from the needle. By reducing the pain of today's shot, your child's fear of future shots may decrease as well.

Where do I buy numbing cream?

You do not need a prescription for this cream. Purchase a tube of 4% lidocaine cream. This should be available over the counter at most stores such as Walgreens, CVS or Target.

Are there any side effects?

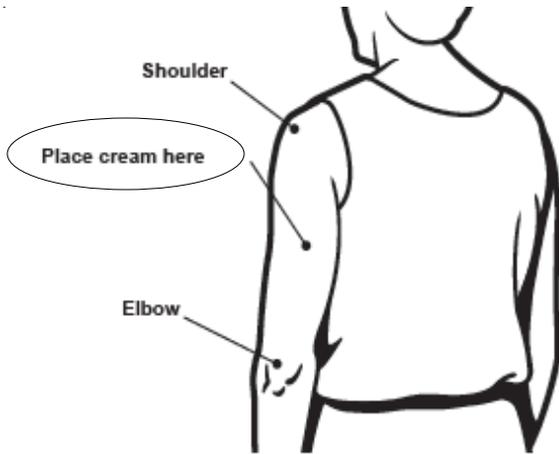
When used as directed, numbing cream has few side effects. Temporary whitening of the skin is normal. Although unlikely, notify your physician if itching, redness, or rash occur.

Directions for use:

1. Wash your hands. Then, wash and dry the site thoroughly before applying the numbing cream.
2. Apply the cream at least 15-30 minutes before the appointment. The cream can be left on up to two hours.
3. Use a quarter sized spot of numbing cream on each arm; do not put on more than instructed.
Safe Application: Do not put on an open wound such as a cut or scrape. Be careful not to get any ointment in your mouth or eyes. If ointment does get in your eyes, wash the eyes with water for 15 minutes and check with your doctor. Wash your hands well after applying.
4. Cover with plastic wrap to keep the cream in place and prevent your child from getting it in their mouth or eyes. If the numbing cream oozes out from under the covering, wipe it off with a cloth. Do not wrap the plastic wrap tightly, as you could prevent adequate circulation.
5. Write down the time the cream was applied. Once the cream is covered, it works best if it is not handled. Do not let your child chew, suck, or play with it.
6. **Bring the numbing cream with you to your appointment. If the cream was placed incorrectly, we will re-apply it in the correct spot. We will not have numbing cream available in the clinic.**

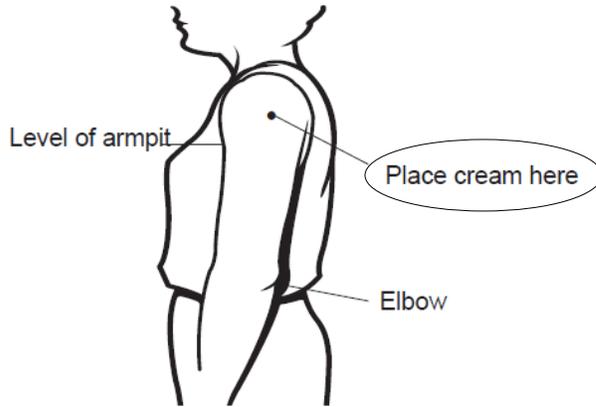
Diagrams for sites of application are on the back of this page.

Diagrams for Sites of Application

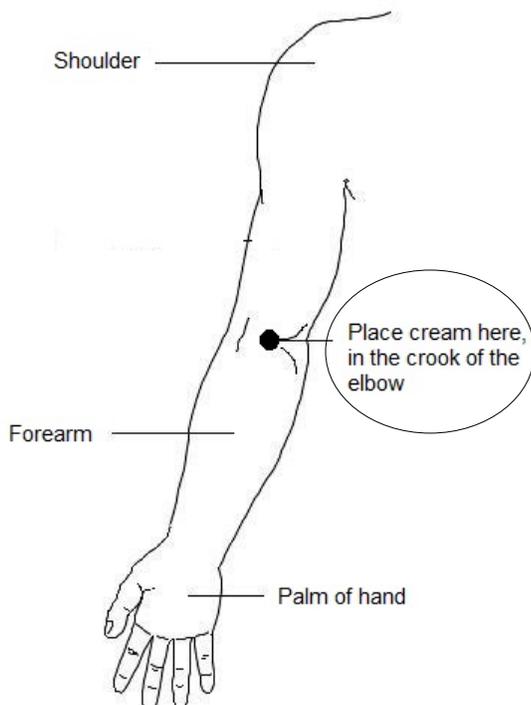


4 year shots

(MMR, Varicella, MMRV)



5 year & up shots



Blood Draws