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| **Using 4% Lidocaine Cream** |
| **Purpose** | This procedure provides instructions for USING 4% LIDOCAINE CREAM for Children’s Comfort Promise. |
| **Policy Statements** | * 4% lidocaine cream (EMLA®,LMX®, anacream®) is an anesthetic cream that can be applied to the skin to help reduce pain from needles. Both can be used for such procedures as venipunctures.
* Research supports the use of 4% lidocaine cream,such as EMLA® (lidocaine/prilocaine) cream, or J-tips® to numb the skin before needle pokes. Each requires specific application time before the needle poke for best effect. Know what is available and plan accordingly. Some vasoconstriction can occur, but is reversible with heat and tapping after several minutes.
* This procedure applies to all laboratory staff.
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| **Procedure** | Follow the activities in the table below for USING 4% LIDOCAINE CREAM.

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|  **Step** | **Action** |
| 1 | Remove the dressing and wipe off the cream using gauze or paper towel. |
| 2 | Use damp gauze or paper towel to wipe off the remaining cream. |
| 3 | Wipe dry. |
| 4 | Proceed with preparing for venipuncture. |

Procedure notes:1. Lidocaine cream (LMX®, EMLA®) cream is not for every patient, i.e., it cannot be used for children younger than 1 month.
2. Do not apply to fingers, toes or heels, those areas have too many nerve endings to numb, and it is not effective.
3. Complete information regarding the benefits and disadvantages will be given to the parent and/or patient by the nursing staff.
4. Laboratory staff will be available to instruct parents/patients as to the application sites but will not apply the cream to the patient.
5. The use of these creams is a decision that can be changed at any time by the parent/patient.
6. The instructing session for EMLA® or lidocaine cream (LMX®) use will be documented on the patient education record by the nurse.
7. Lidocaine cream is dispensed from the pharmacy.
8. EMLA® should be applied at least 1 hour prior to the procedure.
9. Lidocaine cream (LMX®) should be applied 30 minutes prior to the needle procedure for best effect.
10. Cream may stay in place for up to 2 hours.
11. Cream continues to work up to 60 minutes after it is removed.
12. Applying warm packs may reduce effective time to 15-20 minutes, and can be used to reverse any vasoconstriction that occurs.
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| **References** | [Children's Comfort Promise](http://intranet.childrensmn.org/departments-and-committees/no-needless-pain/) |