

## Topical Numbing Medicine

### *EMLA or LMX-4 cream to lessen pain*

*Your doctor suggests that you use a numbing cream to help lessen pain from your procedure. This handout explains what medicine to buy from your pharmacy and how to use it for the best results.*

### What is numbing medicine?

Numbing medicine is a cream you apply to your skin. It will help lessen pain from your procedure.

You can buy numbing medicine from your pharmacy with a prescription. Your doctor may prescribe one of these creams:

- EMLA cream, with 2.5% lidocaine and 2.5% prilocaine
- LMX-4 cream, with 4% lidocaine



*Talk with your provider or pharmacist if you have any questions about numbing medicine.*

### How do I use it?

- Apply the cream 2 hours before your Nuclear Medicine appointment.
- Put the cream on your skin over your lesion, which is where your procedure will be. Then extend the cream 1 inch beyond that area in all directions.
- Apply the cream in 2 steps:
  - First put some cream on the area and rub it into your skin.
  - Next, put on a thicker layer and leave it on your skin. **Do not** rub it in. Be sure to extend the cream 1 inch beyond the area of your lesion.
- Cover the area with a plastic wrap, such as Saran Wrap. You can also use a Tegaderm dressing to keep the cream from coming off. The cream will absorb into your skin.

### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Weekdays from 8 a.m. to 5 p.m., call the Center for Reconstructive Surgery, 206.598.1217 and press 8.

After hours and on weekends and holidays, call 206.598.6190 and ask for the resident on call for Plastic Surgery to be paged.