



MEG FOUNDATION QUICK TIPS GUIDE TO

TOPICAL ANESTHETICS (AKA NUMBING CREAMS)

This is a quick overview of the most commonly used and recommended topical anesthetics for needle pokes and medical procedures. Always check with your doctor to see what is best for you.

PRODUCT	AVAILABILITY*	HOW DO I USE IT?	HOW FAR AHEAD?	OTHER THINGS TO KNOW
LMX CREAM	over-the-counter at drug stores and online	Do not clean skin first (natural oils help with absorption). Apply a small amount, and rub in completely. On top of that, apply a large glob and DO NOT rub in. Cover with a tegaderm or plastic wrap.	30 minutes	You should apply to several spots to have choices of where the needle poke can go. It does NOT vasoconstrict (make veins smaller). Good thing to keep on hand!
EMLA CREAM	by prescription or OTC depending on the country	Do not clean skin first (natural oils help with absorption). Apply a small amount, and rub in completely. On top of that, apply a large glob and DO NOT rub in. Cover with a tegaderm or plastic wrap.	60 minutes	You should apply to several spots to have choices of where the needle poke can go. Call your medical provider ahead of time for a prescription.
SYNERA PATCH	by prescription	Peel and stick like a band-aid.	20-30 minutes	It can be expensive, but there are often online coupons. It vasodilates (make veins bigger) so can be good for blood tests. Call your provider ahead of time for a prescription.
J-TIP SYSTEM	by medical provider	Numbs the skin by using compressed CO2 gas to push lidocaine into the first few layers of skin <i>without</i> the use of a needle. It makes a pop sound when the medical provider does it.	1-2 minutes	This can be hard to find depending on your provider. Call ahead of time to see if they use it. It works very quickly so it is a very good option when time is short.

*AVAILABILITY OF SOME OF THESE PRODUCTS WILL DEPEND ON WHERE YOU ARE.
FOR MORE INFORMATION, CHECK OUT WWW.MEGFOUNDATIONFORPAIN.ORG