

Using L · M · X₄TM lidocaine cream

Some treatments, such as starting an IV or putting a needle in a port, are painful. Whenever possible, your child should have the option of not feeling this pain. One way to not feel the pain of needles is to numb the skin before a needle is put into the skin. Lidocaine cream (L·M·X₄TM) is used to make the skin numb. This medicine is absorbed only in the top layer of the skin. Your child will still feel the pressure of the needle but not feel pain from the needle.

Lidocaine cream can be used with some types of medicine injections. In this case, your child might still feel some pain from the medicine as it is injected into the skin but should not feel pain from the needle.

Lidocaine cream cannot be used by anyone who is allergic to lidocaine (xylocaine) or other local anesthetics (pain relievers).

How to use L · M · X₄TM

Lidocaine cream works best when you put it on the skin 30 to 60 minutes before the treatment or procedure takes place.

- Gather the needed supplies:
 - L·M·X₄TM
 - Bio-occlusive dressing (clear plastic, protective dressing that is sticky on one side)
 - 1 nonsterile glove
- Wash your hands with soap and water and dry well, or use an alcohol-based gel or foam hand cleaner.
- The nurse will instruct you where to apply the cream. Do not put the lidocaine cream on skin that is broken, red, swollen, or sore. Do not put on skin that is currently being treated with radiation.
- Follow any instructions given by the nurse or doctor regarding the amount of the cream to use on your child.
- **Do not** clean the skin with alcohol or acetone as this will remove the natural skin oils needed by the lidocaine cream to numb the skin. You may clean the area with mild soap and water.
- Put on the glove and remove the cap of lidocaine cream. Turn the cap around so that the point is facing toward the opening of the tube.
- Turn the cap on the tube. The point on the cap will puncture the opening of the tube so that the cream can be squeezed out of it.
- Squeeze out a small amount of the cream onto the selected area of skin. Using a gloved finger, gently massage into the skin.

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

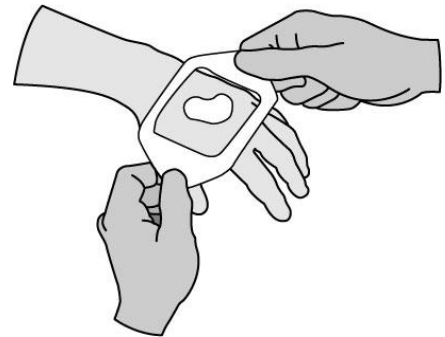
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- Then squeeze out enough cream to completely cover the area. You should not be able to see skin beneath the cream.

Applying the bio-occlusive dressing

- If your child might put his finger into the cream or bump the site while waiting for the procedure to begin, cover the lidocaine cream with the bio-occlusive dressing using these steps:
 - Open the package of the bio-occlusive dressing.
 - Remove the center cutout piece of paper from the dressing. Remove the paper from the back, which covers the sticky side of the dressing.
 - Center the sticky side of the dressing on the skin, covering the lidocaine cream. Do not spread out the cream. Smooth down the dressing carefully. Try not to touch the sticky edges of the dressing.
 - Remove the paper from the outer edges of the dressing, and seal the edges of the dressing onto the skin.
 - Be sure to allow the cream to remain in a thick layer.
 - Write the date and time on the dressing or on the label that is in the package. Put the label on the dressing. This will tell the nurse when enough time has passed for the medicine to numb the skin before the treatment.
- If an IV is being started, we will ask you to put the cream in 2 places on the skin.
- Wash your hands with soap and water.



After L · M · X₄TM is on the skin

- Do not remove the dressing covering the lidocaine cream until right before the treatment is to begin. You may need to watch your child so he does not remove the dressing.
- Do not leave the cream on your child's skin for more than 2 hours.
- Do not use heat or cold on the dressing because it might change the rate at which the cream is absorbed.
- If you notice that the cream begins to dry out before the procedure begins, add a little more cream and mix it in.
- Just before the treatment the nurse will remove the dressing and the lidocaine cream from the skin. Then, the skin will be cleaned as usual before the treatment.

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Helpful hints

- If you remove the dressing with the lidocaine cream on it, it should be folded in half so that the sticky side sticks to itself. Throw it away in the trash can.
- If you get some of the lidocaine cream on your skin, wash the skin with running water. Do not use soap or alcohol to remove the lidocaine cream as that may make it easier for your skin to absorb the medicine. If you have any concerns about any of the lidocaine cream getting on your skin, call 901-595-3300, and ask to speak to the pharmacist or your child's primary clinic doctor or nurse.
- Store at room temperature (56–89 degrees F).
- Throw away any unused cream once the date on the tube shows it has expired.

Side effects

All medicines have side effects. Some are mild and do not need to be reported to your doctor, such as:

- Short-term blanching (whitening) of the skin where the lidocaine cream was put. Later the blanching (whitening) may change to redness in the same area.
- Swelling, itching, or rash of the area. These side effects should go away after one (1) or 2 hours. If they do not go away, tell your child's doctor.

Side effects that need to be reported quickly to the doctor include the following:

- Feeling light-headed or dizzy
- Feeling nervous or confused
- Feeling drowsy
- Hearing a ringing noise
- Blurred or double vision
- Unexpected vomiting
- Feelings of being hot, cold, or numb all over
- Twitching or tremors

If your child has any of these side effects, remove the lidocaine cream from his skin. Then call 595-3300 and ask to speak to your child's doctor or nurse. After hours, ask for the doctor on call. If you are outside the Memphis area, dial toll-free 1-866-2STJUDE (1-866-278-5833), and press 0.

Rare side effects may require urgent medical care. If your child has any of these side effects, call 911. Take the lidocaine cream off the skin.

- Breathing problems
- Convulsions
- Problems waking up

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Special instructions

The effects of the lidocaine cream could last for as long as 90 minutes after it is removed since the medicine has already been absorbed into the skin. During this time, your child may describe a feeling of numbness to the area. He might not feel pain to the skin where the lidocaine cream was put if he scratches, rubs, or puts very hot or cold objects on that area. Watch that he does not hurt himself before the numbness wears off.

Keep used and unused lidocaine cream out of reach of children. If you use only half of the tube, you may save the rest for the next time your child needs it.

- Do not put in the ears, eyes, mouth, or open wounds.
- Throw away any lidocaine cream as soon as the medicine is no longer needed.
- Do not let your child wash the area while the dressing is on.

If you have questions about lidocaine cream, please talk to your child's doctor or nurse. If you are inside the hospital, dial 0. In the local area, call 595-3300. If you are outside the Memphis area, dial toll-free 1-866-2STJUDE (1-866-278-5833), and press 0 once you are connected.

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