

Use of Numbing Cream to Reduce Pain in Children

(Vaccinations, Blood tests and Cannulations)

What do we use numbing cream for?

It is commonly applied on the skin as a local anesthesia to reduce pain associated with needle related events like vaccinations, blood tests and cannulations.

What kind of numbing cream is available in KAUST Health (KH)?

The numbing cream currently available in KH is called Prila. It contains Lidocaine and Prilocaine.

How can I get a prescription and when should the cream be applied?

The attending physician needs to prescribe. The cream should be applied at least one hour before the procedure, otherwise it may not be effective.

Are there any side effects of the cream?

Like all medicines, this cream may cause side effects. Mild reactions include paleness or redness of the skin, slight puffiness, and rarely an initial burning or itching sensation might occur on the area where the cream is used. These are normal reactions to the cream and will disappear in a short while without any measures being needed.

Although extremely rare, if you think your child experiences a serious allergic reaction to the cream, contact emergency department at 911 from a landline or 012 808 0911 from a mobile.

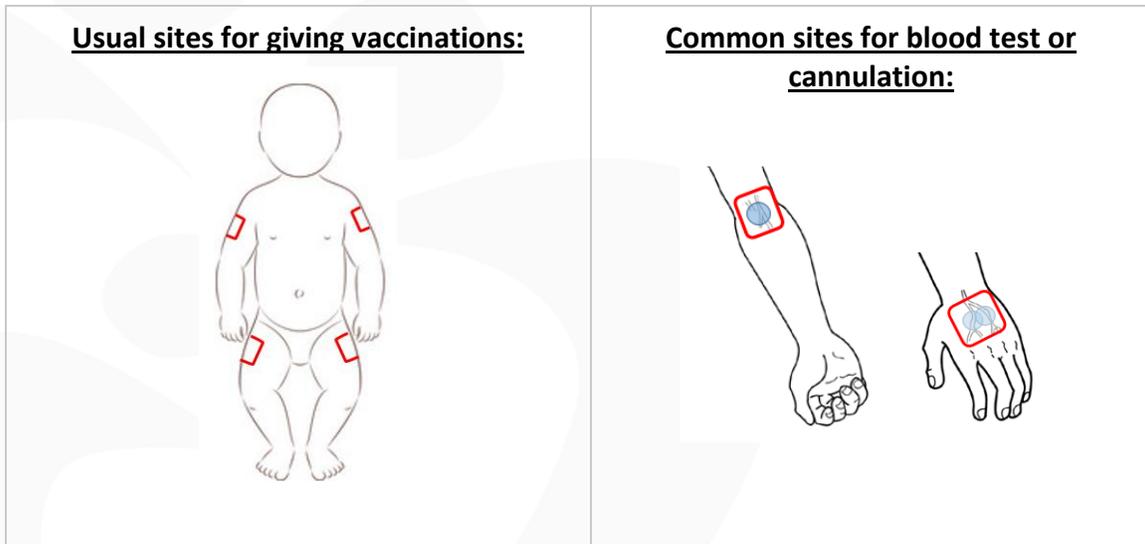
Are there any conditions that numbing cream is not recommended?

Please consult a pediatrician for the followings:

- Infant between birth and 3 months old
- Glucose-6-phosphate dehydrogenase deficiency (G6PD)
- History of Methaemoglobinaemia
- Allergy to lidocaine or prilocaine, other similar local anesthetics
- Atopic dermatitis

Where should I apply the cream?

The cream should be applied on possible needle insertion sites. The below pictures show the common sites for injection and cannulation. Please talk to our nurses who will show you where and how to apply the cream.



What is the recommended dosage?

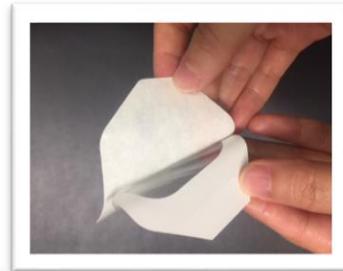
Age	Prila Cream Max. dose	Max. Application area	Max. Application time
0 - 3m	Little babies may not benefit from this option of pain relief; so, discuss with your Pediatricians if you consider this option for your baby.		
3 – 12m	2 grams	20cm ²	4 hours
1 – 6 years	10 grams	100 cm ²	5 hours
6 – 12 years	20 grams	200 cm ²	5 hours
<i>Half a 5 g tube corresponds to about 2 g of the Cream. One gram of Cream pressed out of a tube is approximately 3.5 cm.</i>			
Developed from Prila drug information leaflet and Pediatrician recommendations			

Instruction of application

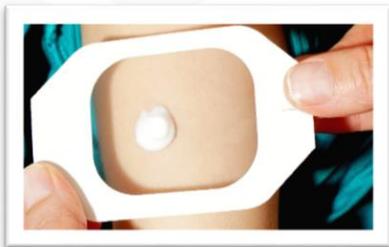
When you apply the cream, it is very important to exactly follow the instructions below:



Step 1. Squeeze the cream into a mound. Do not rub the cream in.



Step 2. Carefully remove the cover of the adhesive side of the dressing.



Step 3. Place the dressing carefully over the mound of cream.
Do not spread the cream under the dressing.



Another way to secure the cream is wrapping the arm/leg not very tightly with a thin plastic wrap.



Step 4. Peel the liner paper from the dressing. Fold a small corner of the dressing to remove easier later. Leave in place for at least 60mins.



Step 5. Your nurse will take the dressing off and remove the cream just before the procedure.

References: Prila cream drug information leaflet

<https://immunize.ca/pain-management-children>

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