

Commitment to Comfort: Numbing Cream

Ease pain and distress before and during Immunization

- Numbing Cream (topical anesthetics) can be useful to reduce pain with skin-breaking (needle) procedures. Brand names of commonly used products include Ametop™, Maxilene™ and Emla™.
- Numbing creams can be purchased at most pharmacies. Numbing cream requires special application instructions (see package instructions and speak to a pharmacist).
- Numbing cream can be purchased at a pharmacy by the person being immunized, and needs to be applied for the recommended time before the immunization appointment.
- Numbing cream will *not* be available or offered at immunization sites.
- Numbing cream (Emla) can be used for infants over 1 month if age. For more information: [Injection Sites for Routine Immunizations - Infant/Preschool \(albertahealthservices.ca\)](https://www.albertahealthservices.ca/injection-sites-for-routine-immunizations-infant-preschool)

Numbing Cream Information Guide

Product name	Active ingredient	Size(s)	Approximate price	Length of time required on skin for best results	Length of time product effective for after removal
AMETOP	4% tetracaine	1.5 gram(g)	\$6 - \$10	30 – 45 min	4 – 6 hours
MAXILENE	4% lidocaine	5 g 15 g	\$16 - \$18 \$40 - \$45	20 – 30 min	30 minutes
EMLA	2.5% lidocaine/ prilocaine	5 g 1 g patch (2)	\$15 - \$20 \$10 - \$12	1 hour	1 – 2 hours

*Pricing is based on general information from Alberta pharmacies - February 2021

*Other similar products may be available

How to Apply: Follow the instructions provided by your pharmacist, healthcare provider and package instructions. Apply cream as per product instructions to the specific location on the skin and cover with a transparent dressing or layer of food wrap. Allow cream to remain in place for the recommended length of time before the immunization appointment.

Where to Apply: Immunizations are typically administered in the upper arm below the shoulder (deltoid muscle). Place the numbing cream in the center of the triangle area shown in the picture below. Numbing creams have recommended lengths of time that they are effective. Speak with a pharmacist to choose the right product for you.

