

# Comfort Commitment: Numbing Cream Use Guide

Numbing cream is a topical anesthetic used for patients who are at least 1 month old (or 44 weeks gestational age) to help reduce discomfort during needlestick procedures. The cream can be ordered by a nurse or doctor.

## Overview:

- Select the injection site.
- Apply the cream 30 minutes before the procedure.
- Wearing clean gloves, rub a small amount of cream into the skin for 10 seconds.
- Add more cream before covering the site with an occlusive dressing.
- When ready, clean the site and prep per protocol.

## When introducing to patients:

- Explain that the cream helps to numb the skin, which can lessen the feeling of the needlestick.
- Continue using additional comfort measures: positioning, refocusing, and environmental considerations.

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**UC Davis Policy:** Application of Topical Anesthetics

Lidocaine 4% by a Registered Nurse

**Website:** <https://ucdavis.health/comfort>

