

Topical Tips for numbing skin in for managing procedural pain: LMX4 (Previously known as ELA-max)

- **DO NOT** cleanse skin prior to applying. LMX4 works best if it mixes with skin surface oils.
- **DO NOT** apply over other topical products or medications.
- Rub a small amount of LMX4 cream into the site for approximately 30 seconds.
- Apply another thicker layer, covering with an occlusive dressing (such as Tegaderm).
- It starts to work in approximately 30 minutes and lasts approximately 60 minutes.
- Applying warm packs on top of Tegaderm can help speed up the numbing process in some patients
- Remove the product and clean the area as usual prior to the procedure.