



## Using Local Anaesthetic Creams

Topical local anaesthetic creams are available over the counter from pharmacies in Australia and New Zealand.

These can be applied to the skin with an occlusive dressing 30 -60 minutes prior to a needle procedure to improve comfort. Especially for vaccinations, blood tests and IV cannula insertions.

Don't clean the skin first – as natural oils help with absorption. Apply a blob and cover with a transparent dressing or plastic wrap, don't rub in.

If you're unsure, ask your healthcare provider for advice about where to best place the cream.

