

TOPICAL ANESTHETIC CREAM:

How to Apply Numbing Cream Before Common Headache Procedures



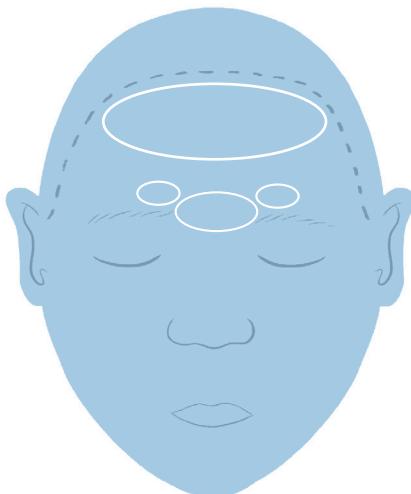
Preferred Medication: topical lidocaine 5% cream

(can be purchased over the counter without a prescription)

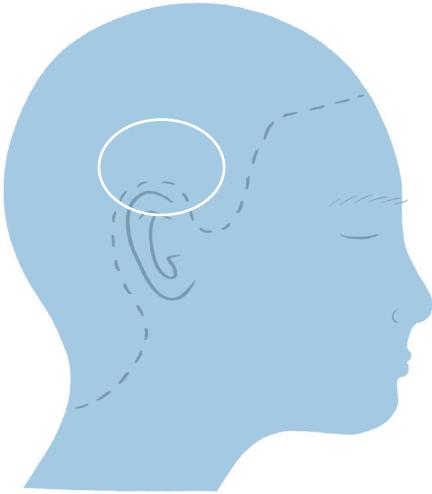
General Instructions: Do not clean skin first (natural oils help with absorption). Apply a small amount and rub in completely. On top of that, apply a large glob and **DO NOT** rub in. Apply the cream **30-60 minutes** prior to your scheduled appointment. For some locations, you will rub the cream into your scalp, and it will get in your hair. Don't worry, it will easily wash out with shampoo later. You can cover the cream on your shoulders with plastic wrap or Tegaderm (a transparent dressing you can buy over the counter) to avoid getting the cream on your shirt.

For patients undergoing botulinum toxin (Botox) injections:

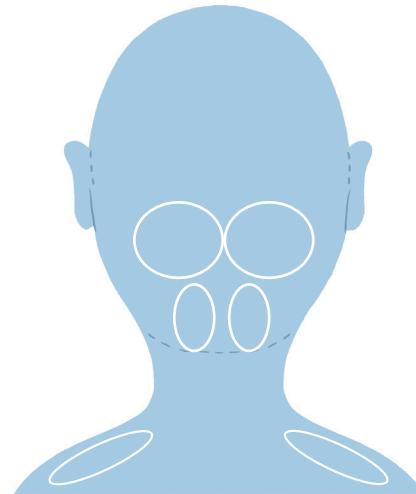
Apply cream to the following locations:



- In-between eyebrows
- Directly above eyebrows (from the inner corner of the eyebrow to the arch)
- Top half of forehead



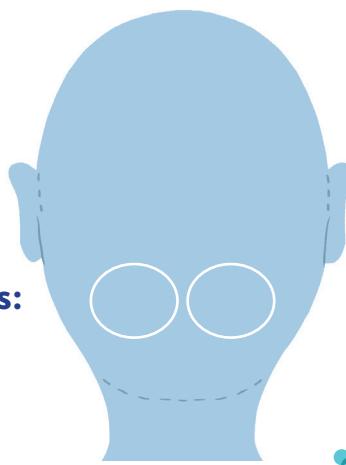
- Above ears on both sides



- Back of head
- Top of neck above the hairline
- Shoulders on both sides

For patients undergoing occipital nerve block injections:

Apply cream to the following location:



- Back of head

Numbing cream is a great part of a comfort plan.

Create your own comfort plan [here!](#)



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