



Pain-Free Pediatrics Nurse-Driven Protocol for Procedural Pain Management

	EMLA Cream	ELA-Max Cream	Numby Stuff	Vapocoolant Spray	Sucrose
Age	32 weeks gestation and up	12 months and older	Older than 1 year	36 weeks gestation and up	Up to 3 months
Application Time	1-3 hours	20 minutes to 2 hours	10-20 minutes	2-9 seconds (depends upon prep)	1 ½ -2 minutes
Duration of Anesthesia	1-2 hours after removal	Varies with administration time	1 hour after removal	5-10 seconds	Unknown
Cost	\$8.50/5 gm tube	\$9.00/5 gm tube	\$6.50/Numby Stuff application	Average cost = \$19.00/50 applications	Minimal
Side Effects	At application site: blanching, erythema; vasoconstriction Systemically: methemoglobinemia	At application site: erythema, edema	At application site: blanching, burning, burning sensation, ecchymosis, petechiae (more local reactions with higher currents)	Frostbite and tissue damage with inappropriate use; occasional hypopigmentation	None known
Contraindications and Cautions	Do not use with history of methemoglobinemia Infants younger than 3 months and patients with G6PD deficiency are most susceptible to methemoglobinemia Weight- and age-based dosing and timing guidelines for patients under 20 kg and 7 years.	Weight-based dosing and timing for patients less than 20 kg. Occlusive dressing optional, but may prevent oral absorption. Minimal information available on use in infants.	Cannot use in patients with pacemaker. Cannot use on fingers, toes, or genitalia. Drug solution contains sulfites, do not use with sulfite-allergic patients.	Some preparations are flammable; avoid inhalation of product. Avoid use in patients with peripheral vascular disease.	None
Note	Prescription required for home use.	Available over-the-counter. Less risk of methemoglobinemia because contains no prilocaine.	Only for patients capable of communicating distress		Works best when followed by sucking during the procedure

Source: Prepared by Joan Meunier-Sham, RN, MS. Excerpted from *Procedural Pain Management in Neonates through Adolescents Guidelines*, Boston Medical Center.