Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Lidocaine and Menthol

This information from UpToDate® Lexidrug™ explains what you need to know about this medication, including what it's used for, how to take it, its side effects, and when to call your healthcare provider.

Brand Names: US

1st Relief Spray [OTC] [DSC]; Asperflex Max [OTC]; AvaDERM [OTC]; CBD4 Freeze Pump Vanish Scent [OTC]; DermacinRX Lidochill [OTC]; Exigence One Patch [OTC] [DSC]; Gen7T Plus [DSC]; LevigoLT [OTC]; Lidocaine Plus Menthol [OTC] [DSC]; Lidonex [OTC] [DSC]; LidoPatch Pain Relief [OTC]; LidoPro [OTC]; LidoReal [OTC]; LIDOSYNC [OTC]; Lidosync [OTC]; Lidothol; Lidothol ES; Lidotral-Menthol; LidozenGel [OTC]; LidozenPatch [OTC]; Limencin [OTC]; LM Plus Relief; MaL Patch; NeuroCool [OTC]; NuLido [OTC]; Point Relief Lidospot [OTC]; Prolida [OTC]; Re-Lieved Maximum Strength [OTC]; Siterol [OTC]; Terocin [OTC]; Venia [OTC] [DSC]; Zeruvia; Zylotrol [OTC]

What is this drug used for?

- It is used to relieve itching and pain from insect bites or skin irritation.
- It is used to ease muscle and joint aches and pain.
- Some products may be used to treat signs of hemorrhoids or rectal irritation.
- It may be given to you for other reasons. Talk with the doctor.

What do I need to tell my doctor BEFORE I take this drug?

- If you are allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell your doctor about the allergy and what signs you had.

- If a large area needs to be treated.
- If there is an infection where this drug will be used.

This is not a list of all drugs or health problems that interact with this drug.

Tell your doctor and pharmacist about all of your drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe for you to take this drug with all of your drugs and health problems. Do not start, stop, or change the dose of any drug without checking with your doctor.

What are some things I need to know or do while I take this drug?

All products:

- Tell all of your health care providers that you take this drug. This includes your doctors, nurses, pharmacists, and dentists.
- Talk with your doctor before you use other drugs or products on your skin. This includes soaps.
- Do not use this drug for longer than you were told by your doctor.
- Limit how much alcohol you drink while using this drug. Drinking too much alcohol may raise the chance of side effects.
- Avoid use of heat sources (such as sunlamps, tanning beds, heating pads, electric blankets, heat lamps, saunas, hot tubs, heated waterbeds). Avoid long, hot baths or sunbathing. Your temperature may rise and cause too much drug to pass into your body.
- A severe blood problem called methemoglobinemia has happened with drugs like this one. The risk may be raised in people who have glucose-6-phosphate dehydrogenase (G6PD) deficiency, heart problems, or lung problems. The risk may also be raised while taking certain other drugs and in infants younger than 6 months of age. Tell your doctor if you have ever had methemoglobinemia.
- This drug may not be for use in children of all ages. Talk with the doctor

before giving this drug to a child.

- Tell your doctor if you are pregnant, plan on getting pregnant, or are breast-feeding. You will need to talk about the benefits and risks to you and the baby.

Cream, gel, liquid, lotion, and spray:

- This drug may cause harm if swallowed. If this drug is swallowed, call a doctor or poison control center right away.

Patch:

- Some of these products are not for use right before or after heart surgery.
- This drug may cause harm if chewed or swallowed. If this drug has been put in the mouth, call a doctor or poison control center right away.

What are some side effects that I need to call my doctor about right away?

WARNING/CAUTION: Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your doctor or get medical help right away if you have any of the following signs or symptoms that may be related to a very bad side effect:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- Signs of methemoglobinemia like a blue or gray color of the lips, nails, or skin; a heartbeat that does not feel normal; seizures; severe dizziness or passing out; severe headache; feeling very sleepy; feeling tired or weak; or shortness of breath. This effect is rare but may be deadly if it happens.
- Severe headache or throwing up.
- Changes in eyesight or speech.
- Redness.

- Severe irritation where this drug was used.

What are some other side effects of this drug?

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your doctor or get medical help if any of these side effects or any other side effects bother you or do not go away:

Patch:

- If irritation or burning happens at the treated area, take the patch off. Do not put on a new patch until the irritation or burning goes away.

All other products:

- If you have irritation or burning at the treated area, wash this drug off. Do not put on more of this drug until the irritation or burning goes away.

These are not all of the side effects that may occur. If you have questions about side effects, call your doctor. Call your doctor for medical advice about side effects.

You may report side effects to your national health agency.

You may report side effects to the FDA at 1-800-332-1088. You may also report side effects at https://www.fda.gov/medwatch.

How is this drug best taken?

Use this drug as ordered by your doctor. Read all information given to you. Follow all instructions closely.

All products:

- Do not take this drug by mouth. Use on your skin only. Keep out of your mouth, nose, ears, and eyes (may burn).
- If this drug gets in the eyes, rinse with cool water.
- Do not put on open wounds, cuts, or irritated skin.

- Do not put on the genitals.
- Do not use coverings (bandages, dressings) unless told to do so by the doctor.
- You may wear clothing over the area where this drug is placed.
- Clean affected part before use. Make sure to dry well.

Lotion:

- Do not put this drug on the face or on a rash.

Cream, gel, liquid, lotion, and spray:

- Wash your hands before and after use. If your hand is the treated area, do not wash your hand after use.
- Put a thin layer on the affected skin and rub in gently.

Gel:

- This drug may catch on fire. Do not use near an open flame or while smoking.

Patch:

- Wash your hands before and after use.
- Put patch on clean, dry, healthy skin.
- Do not use if the pouch that holds this drug is torn, open, or not sealed all the way.
- After you take off a skin patch, be sure to fold the sticky sides of the patch to each other. Throw away used patches where children and pets cannot get to them.

What do I do if I miss a dose?

- If you use this drug on a regular basis, put on a missed dose as soon as you think about it.
- If it is close to the time for your next dose, skip the missed dose and go back

to your normal time.

- Do not put on 2 doses at the same time or extra doses.
- Many times this drug is used on an as needed basis. Do not use more often than told by the doctor.

How do I store and/or throw out this drug?

All products:

- Store at room temperature. Do not freeze.
- Protect from heat and sunlight.
- Keep all drugs in a safe place. Keep all drugs out of the reach of children and pets.
- Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

Gel:

- Protect from heat or open flame.

Patch:

- Store in pouch until ready for use.
- Be sure you know how long you can use this drug after the pouch has been opened.

General drug facts

- If your symptoms or health problems do not get better or if they become worse, call your doctor.
- Do not share your drugs with others and do not take anyone else's drugs.
- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist,

or other health care provider.

- Some drugs may have another patient information leaflet. Check with your pharmacist. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

Consumer Information Use and Disclaimer

This generalized information is a limited summary of diagnosis, treatment, and/or medication information. It is not meant to be comprehensive and should be used as a tool to help the user understand and/or assess potential diagnostic and treatment options. It does NOT include all information about conditions, treatments, medications, side effects, or risks that may apply to a specific patient. It is not intended to be medical advice or a substitute for the medical advice, diagnosis, or treatment of a health care provider based on the health care provider's examination and assessment of a patient's specific and unique circumstances. Patients must speak with a health care provider for complete information about their health, medical questions, and treatment options, including any risks or benefits regarding use of medications. This information does not endorse any treatments or medications as safe, effective, or approved for treating a specific patient. UpToDate, Inc. and its affiliates disclaim any warranty or liability relating to this information or the use thereof. The use of this information is governed by the Terms of Use, available at https://www.wolterskluwer.com/en/know/clinical-effectiveness-terms.

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If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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