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 your child for other reasons. Talk with the doctor.

What do I need to tell the doctor BEFORE my child takes this drug?

- If your child is allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell the doctor about the allergy and what signs your child 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 the doctor and pharmacist about all of your child's drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe to give this drug with all of your child's other drugs and health problems. Do not start, stop, or change the dose of any drug your child takes without checking with the doctor.

What are some things I need to know or do while my child takes this drug?

All products:

- Tell all of your child's health care providers that your child is taking this drug. This includes your child's doctors, nurses, pharmacists, and dentists.
- Talk with your child's doctor before you use other drugs or products on your child's skin. This includes soaps.
- Do not have your child use longer than you have been told by your child's doctor.
- Alcohol may interact with this drug. Be sure your child does not drink alcohol.
- Have your child 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 child's temperature may rise and cause too much drug to pass into your child's 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 child's doctor if your child has 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.

If your child is pregnant or breast-feeding a baby:

- Talk with the doctor if your child is pregnant, becomes pregnant, or is breast-feeding a baby. You will need to talk about the benefits and risks to your child 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 child's 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 child's doctor or get medical help right away if your child has 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 child's doctor or get medical help if any of these side effects or any other side effects bother your child 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 your child has 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 child's doctor. Call your child's doctor for medical advice about side effects.

You may report side effects to your national health agency.

How is this drug best given?

Give this drug as ordered by your child's doctor. Read all information given to you. Follow all instructions closely.

All products:

- Do not give by mouth. Use on your child's skin only. Keep out of your child's mouth, nose, 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.
- Wash hands before and after use.
- Your child 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:

- 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:

- Put 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 my child misses a dose?

- If your child uses 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 child's next dose, skip the missed dose and go back to your child's 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 child's symptoms or health problems do not get better or if they become worse, call your child's doctor.
- Do not share your child's drug with others and do not give anyone else's drug to your child.
- 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.
- 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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