

CHEO Medical Directive

1. **Name of the Medical Directive:** Application of Topical Anesthetics - for Procedural Pain Management

Approval Status (Dates)

Version/Revision	MDC	MDC Approval
Previous – June 2019		
Version 2	October 2022	October 2022
Version	August 2025	August 2025

Effective Date: March 10, 2026

6. Description of the Procedure

Refer to the procedure entitled Application of Topical Anesthetic Agents - EMLA®, Ametop®, Pain Ease® and Maxilene® for further details.

- Identify the patient and assess for indications and contraindications.
- Discuss with the patient and/or caregiver the indication and requirement for a topical anesthetic agent.
- Choose the particular topical agent. Consider other non-pharmacological options, to be used concurrently, as part of the comfort care bundle – breastfeeding, Sucrose 24% before and during the procedure for infants < 18 months, comfort positioning and age-appropriate distraction. The use of other analgesics such as non-opioids and/or opioids need to be considered and used in tandem with topical agents, as indicated and appropriate.
- Enter an appropriate order in EPIC using the medical directive ordering mode. The implementer is the “Ordering Provider” while

- Polkki, T., Korhonen, A. & Laukkala, H. (2018). Parents' Use of Non-Pharmacological Methods to Manage Procedural Pain in Children. *JOGNN*, 47, 43 – 51.
- Revell, J., Backman, C., Vasily, S. & Harrison, D. (2021). A Cross-Sectional Review of Pain Management Interventions Used for Painful Pediatric Blood Draw Procedures in Hospital. *Pain Management Nursing*, 22, 645-651.
- Sanchez Cristal, N., Staab, J., Chatham., R., Ryan, S., McNair, B. & Grubenhoff, J. A. (2018). Child Life Reduces Distress and Pain and Improves Family Satisfaction in the Pediatric Emergency Department. *Clinical Pediatrics*, 57, (13), 1567 – 1575.
- Shave, K., Ali, S., Scott, S. D. & Hartling, L. (2018). Procedural Pain in Children: A Qualitative Study of Caregiver Experiences and Information Needs. *BMC Pediatrics*, 18: 324, 1 –

APPENDIX I – CONTRAINDICATIONS

CONTRAINDICATIONS			
EMLA®	Ametop®	Pain Ease®	Maxilene®
• Known hypersensitivity to any local anesthetics of the amide type • Pre-term infants <37 weeks gestation • Methemoglobinemia or infants < 12 months of age receiving a methemoglobin-inducing agent (i.e., nitroprusside, sulfonamides) • Application to eyes (corneal irritation) • Application to ear canal or non-intact tympanic membrane • Application to open wounds, surgical incisions or mucous membranes • Application to large, occluded areas of the skin • Severe hepatic dysfunction	• Known hypersensitivity		