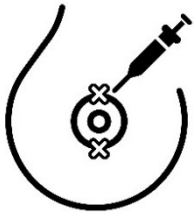


# Managing Pain During Sentinel Lymph Node Mapping



During your lymph node mapping procedure, two injections will be made at the edge of the areola, where the areola meets the skin. One injection at the top of the areola, and one at the bottom.

To help reduce discomfort during sentinel lymph node mapping, patients are advised to apply a medicated numbing cream before the procedure.

Review all the information below before applying the numbing cream.

## What is numbing cream?

A cream that contains lidocaine to reduce pain. Be sure to review the components of this cream before use. **Do not use the cream if you:**

- have a blood condition called methemoglobinemia
- are allergic to lidocaine, prilocaine or any other component of this drug.

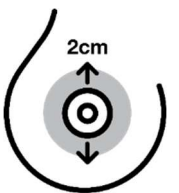
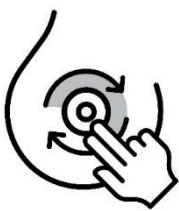
## Where do I purchase numbing cream?

- St. Joseph's Hospital Prescription Shop- located in Zone A, Level 1 (Room A1-012)
- A pharmacy in the community

*A prescription is not required for the numbing cream. You may ask for it over the counter.*

## How do I use the numbing cream?

Before applying the numbing cream, please make sure you have plastic kitchen wrap and access to a sink.



1. Apply the cream 1.5 to 2 hours before your lymph node mapping appointment time.
2. Use a thick layer of cream around the edge of the areola (dark skin of the nipple), where the areola meets the skin of your breast.
3. Extend the cream from the edge of the areola about 2 cm onto the surrounding breast skin.
4. Do not rub the cream into the skin.
5. Wash your hands after application.
6. Cover the cream with plastic kitchen wrap to help it absorb and leave it on until your appointment.
7. The area will feel numb for a few hours after the cream is removed, however you will still feel touch and pressure.

If you have any questions about lymph node mapping or using numbing cream, please contact the breast care team at: 519-646-6100 ext. 65020

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