



MADHAVI KANDULA, M. D.
DERMATOLOGY & COSMETIC DERMATOLOGY

LMX - HOW TO APPLY NUMBING CREAM

LMX is numbing cream we use to make skin treatments more comfortable. We sell it at the front desk for patient convenience. It is best applied generously and repeatedly starting one hour prior to your procedure and repeated after 30 minutes. If it can be used, covering the cream with plastic wrap can be very helpful in increasing effectiveness.

For use in most areas:

1. Rub in a layer 60 minutes before the treatment. Immediately after rubbing in the first layer, place a very generous layer on the skin to be treated. The layer should be as thick as frosting on a cake or a facial mask.
2. If possible cover the area with plastic wrap and tape the edges (difficult on the face).
3. Reapply another very generous layer 30 minutes before the treatment.
4. Do not wash off the cream until instructed by the doctor.

Tips for use on the face:

1. Consider applying a layer 90 minutes before the treatment, then follow steps 1-4 above.
2. Apply extra cream on the most sensitive areas of the face to be treated such as the forehead, nose, upper lip and chin.
3. Consider using the entire 30 gram tube for the entire face.