

## HOW TO USE LMX4®

- 1 Use mild soap and water to clean the area before use (if required):
  - » baby wipes are fine to use
  - » do NOT use alcohol or acetone based cleansers including hand sanitiser, as they will strip the skin of natural oil.
- 2 Apply small amount of cream and gently massage into skin for 20–30 seconds:
  - » ensure liposomal base integrates with corneocyte layer and hydrolipid film.
- 3 Apply cream 2–3mm thick to completely cover the desired area:
  - » make sure there is no skin visible under the cream
  - » use tongue depressor or waxing paddle to ensure correct application of thickness – think “cake icing”.
- 4 No occlusion is required, however if occlusion is desired, cover cream with cling wrap undisturbed for 30 mins.
- 5 If unoccluded, leave for 30 mins for the anesthetic to take effect:
  - » cream may dry, so apply a little more and mix in
  - » many procedures are adequately covered after 30 mins unoccluded
  - » LMX 30 mins without occlusion = 60min EMLA with occlusion.<sup>7</sup>

- 6 Remove cream by wiping with a clean gauze or tissue. Additional skin preparation or cleaning may now be performed prior to intended procedure.

**Note:** Do not apply to large surface of body except on advice of a healthcare practitioner. Do not apply near eyes. Not to be used on broken skin.

## LMX4® DOSING

- Use 1–1.5g per 10 square cm (10cm<sup>2</sup>) of skin.
- 25g per average full face may be required for most painful procedures (eg: deep fractional laser). 10g total for full face is ample for superficial procedures – 1g per 30 square cm (30cm<sup>2</sup>) of skin.
- LMX4 max surface area in adults = 600 square cm (600cm<sup>2</sup>).
- After a 60g LMX4 application to 400 square cm (400cm<sup>2</sup>) skin for 3 hours – lidocaine blood levels 0.05–0.16 ug/ml (toxic levels > 5ug/ml).<sup>8</sup>

### DOSING EXAMPLE for dermal rolling / needling:

- Full face:
  - » 0.5–1.0mm use 5g–10g
  - » 1.0–1.5mm up to 10g
  - » > 2.0mm use up to 10g–15g
- For neck: use 5g tube
- For chest: use 10g tube

For more information visit  
[www.lmx4.com.au](http://www.lmx4.com.au)

or contact Dermocosmética on (03) 9354 0898  
email [customerservice@dermocosmetica.com.au](mailto:customerservice@dermocosmetica.com.au)



Always read the pack insert before using LMX4®. Use only as directed. Do not apply to large areas of the body except on the advice of a healthcare practitioner. **Indications:** For topical anaesthesia of intact skin prior to superficial skin procedures, including insertion of IV catheters and blood sampling. **Active Ingredient:** Lignocaine 4% w/w.

PBS Information: This product is not listed on the PBS.

Please review full Product Information (PI) before prescribing.

The full PI is available at [www.dermocosmetica.com.au](http://www.dermocosmetica.com.au). LMX4® topical cream is available in Australia and New Zealand in either cartons of 2 × 6 pack (5g tubes) with occlusive dressings, or 1 × 30g tube. LMX4® topical cream is indicated for topical anaesthesia of intact skin prior to superficial skin procedures, including insertion of IV catheters and blood sampling. **Contraindications:** Hypersensitivity to the active substance, any of the amide-type local anaesthetics or any of the excipients. **Precautions:** If skin irritation occurs, stop immediately and seek medical attention. For external use only. Also contains benzyl alcohol as a preservative. DO NOT APPLY NEAR EYES. NOT TO BE USED ON BROKEN SKIN. **Side effects:** Common side effects can include; irritation, redness, itching or rash. **Directions for use:** See pack insert for detailed age group application instructions. Apply an appropriate amount of cream, with an occlusive dressing if required. Wait at least 30 minutes for local anaesthetic to take effect. See full PI for dosage instructions.

emla® is a registered trademark of Aspen Pharmacare Australia. #Against placebo. References: 1. Taddio et al, CMAJ 2005; 172(13) 1691-1695. 2. Koh et al, Pediatric Anesthesia 2004, 14; 977-98. 3. Nestor, Journal of Drugs in Dermatology, July /August 2006, vol 5, issue 7. 4. Mezei, Drug Permeation Enhancement, 1994, 171-98. 5. TGA LMX4® Lignocaine 4% w/w cream Aust Pl. 6. emla® Product Information (TGA approved 29.03.2010) and Numit® Product Information (TGA approved 17.06.2016), accessed from eMims January 2018. 7. Tadichlerla, berman. Percutaneous dermal drug delivery for local pain control. Therapeutics and clinical risk management 2006:2 99-113. 8. Huang, Vidmos. Topical anesthetics in dermatology. J Am Acad Dermatol. 2000; 43: 286-98.

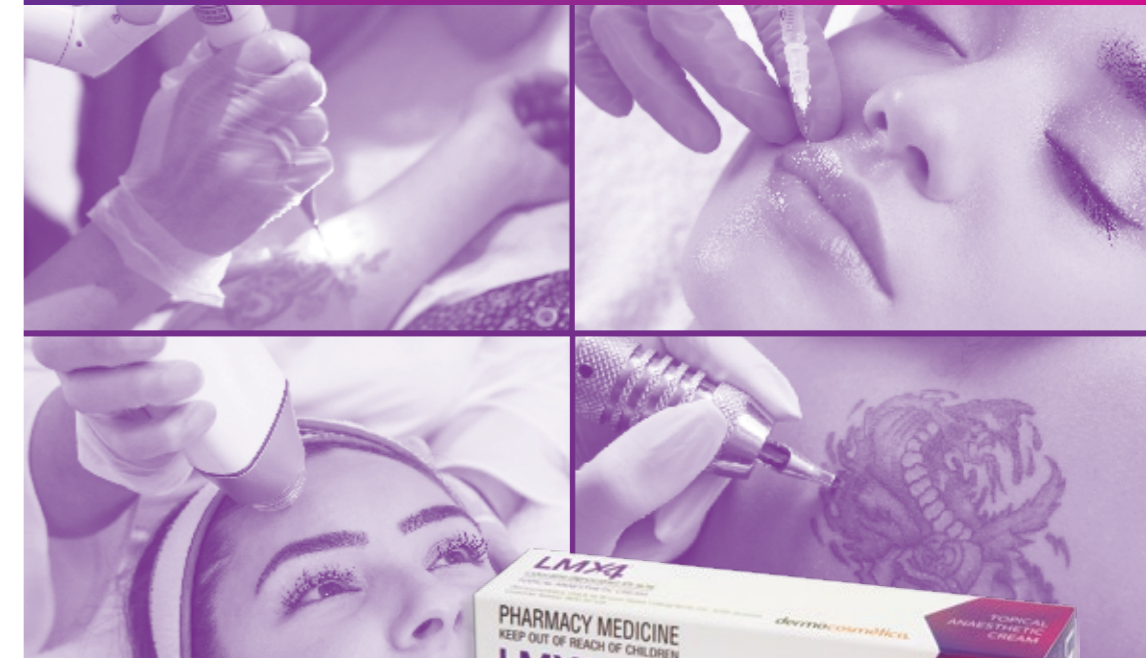
LMX4® is a registered trademark of Ferndale IP Inc. Made in the USA. Distributed in Australia and NZ by Dermocosmética ABN 52152881019. Unit 8, 14–16 Lens Street, North Coburg VIC 3058 Australia T: (03) 9354 0898 F: (03) 8692 6923 E: [customerservice@dermocosmetica.com.au](mailto:customerservice@dermocosmetica.com.au) W: [dermocosmetica.com.au](http://dermocosmetica.com.au). Copyright © Dermocosmética 2020.

dermocosmética.

# LMX4®

Lidocaine (lignocaine) 4% w/w  
TOPICAL ANAESTHETIC CREAM

With enhanced penetration technology for fast, effective and safe pain control<sup>1-4</sup>



# PAIN NUMBING POWER

[www.lmx4.com.au](http://www.lmx4.com.au)

# THE POWER OF 4

A topical anaesthetic with 4 big benefits.

**LMX4**® is a fast<sup>1</sup>, effective<sup>1,2</sup>, well tolerated<sup>2,3</sup> topical local anaesthetic that works in just **30 minutes**. That's half the time required in comparison to lignocaine/prilocaine preparations like emla® and Numit. **LMX4**® can be used in all age groups for a wide range of procedures.

## LMX4 IS SUITABLE FOR:

- All ages
- Skin needling and dermal rolling
- Laser and IPL treatments – skin resurfacing
- Tattoo art and tattoo removal
- Simple excisions
- IV canulation, blood sampling
- Dermal filler injections
- Hair removal
- Piercings

## 1 FAST EFFECTIVE FROM 30 MINUTES<sup>1</sup>

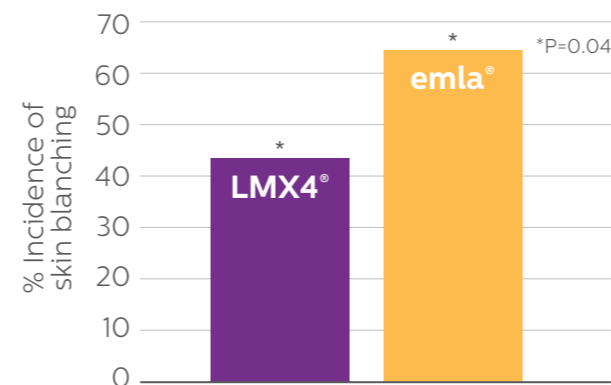
Effective pain control with LMX4<sup>®1</sup>

- Pain reduced by 43%<sup>1#</sup> with LMX4<sup>®</sup> after 30 minutes
- Pain control with LMX4<sup>®</sup> after 30 minutes is equivalent to emla<sup>®</sup> after 60 minutes<sup>2</sup>



## 3 WELL TOLERATED LOW INCIDENCE OF ERYTHEMA<sup>2,3</sup>

Significantly less skin blanching with LMX4<sup>®2</sup>



## 2 EFFECTIVE PAIN CONTROL<sup>1,2</sup>

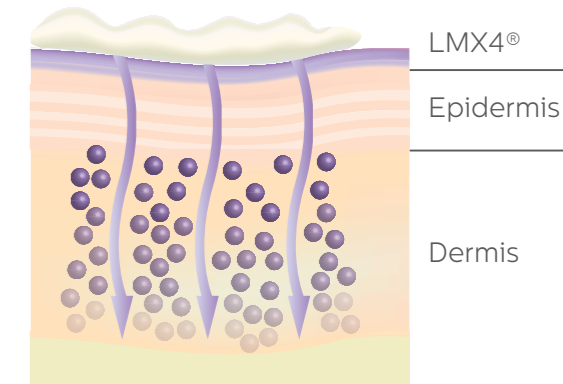
Effective from 30 minutes<sup>1</sup> and can be left on the skin for up to 5 hours<sup>5</sup>



## 4 ENHANCED PENETRATION<sup>4</sup>

Advanced liposomal formulation<sup>3,4,5</sup>

- Facilitates the rate and extent of penetration
- Enhances the onset of action



LMX4 Comparison

	TIME OF ONSET	ERYTHEMA INCIDENCE	STORAGE CONDITIONS
<b>LMX4<sup>®</sup></b>	30 mins <sup>2,7,8</sup>	Low <sup>1,2</sup>	Below 25°C
<b>emla<sup>®</sup></b>	60 mins <sup>6</sup>	Low <sup>1</sup>	Below 25°C
<b>Tetracaine/Amethocaine</b>	30–45 mins <sup>9</sup>	High <sup>1,9</sup>	Refrigerate