



Asthma & Allergy Physicians

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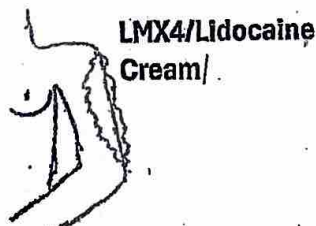
Dear Parent,

Your child has been scheduled for allergy skin testing on _____. He/She will have

2 types of testing performed. Scratch testing or prick tests will be done on your child's forearms (between the wrist and elbow). This procedure does not involve needles. The second type of testing, which is intradermal skin tests, is performed on the upper part of the child's arms (between the elbow and the shoulder).

Lidocaine 4% OR L-M-X-4 Cream will help reduce the pain of the intradermal testing. **L-M-X-4 Cream** can be purchased at your pharmacy without a prescription. This cream will numb the skin so your child can have intradermal allergy testing with less discomfort. You should purchase (2) 5-gram tubes or 1 15 gram tube of **Lidocaine 4%** or **L-M-X-4 Cream** from your pharmacy or online. The cost is approximately \$23.00 to \$29.00 per tube. Please call the pharmacy 5-7 days prior to the appointment so an order can be placed if necessary.

The **Lidocaine 4%** or **L-M-X-4 Cream** should be applied approximately one hour before your child's visit. Use only warm water and soap to clean the arm prior to application. Squeeze a small amount of **Lidocaine 4%** or **L-M-X-4 Cream** on your child's outside upper arm and rub onto skin. Then place more cream over the first layer. The cream should form a somewhat thick layer that is about 2 inches wide and 3 1/2 inches long down the arm. Do not rub in this layer of cream. It should resemble shaving cream after this is applied. Use a sheet of plastic wrap to cover the **Lidocaine 4%** or **L-M-X-4 Cream** keeping it against the skin in the center. This should be done on each arm.



You should put the **Lidocaine 4%** or **L-M-X-4 Cream** on your child's upper outer arms between the shoulder and the elbow. If you have any questions please call the office.

As a reminder, discontinue any antihistamines 5 days prior to the appointment, please have your child wear a short sleeve shirt, bring your insurance card and any co-pays that may be required. If your insurance requires a referral from your primary care physician, it must be in our office at the time of the appointment or we will have to reschedule the appointment.

Sincerely,
Asthma & Allergy Physicians

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