

# Lidocaine 5% Plaster

Medication Information Leaflet

## What is this medication for?

Lidocaine in the form of plaster, is used to relieve pain (for example, nerve pain) caused by shingles. It relieves pain by stopping the nerves from sending pain signals.

## How should I take/use this medication?

- Do not stop using your medication without checking with your healthcare professional
- Apply the plaster to the painful area only. You may wear the plaster for up to 12 hours continuously per day. After removing the plaster, wait at least another 12 hours before applying another plaster if needed.
- Do not use more than 3 plasters at the same time. Follow the instructions on the medication label to know the number of plasters needed for effective treatment
- Plaster may be cut into smaller sizes before removing the release liner
- Plaster must be applied to the skin immediately after it is taken out of the sachet and the release liner is removed from the gel surface
- The plaster must be applied to unbroken, dry, non-irritated skin (after healing of the shingles)
- Hairs in the affected area must be cut off with a pair of scissors, not shaved
- Avoid exposing application site to external heat sources (eg heating pad, electric blanket) as this may increase the medication levels
- The plaster must not be applied to inflamed or injured skin such as active shingle areas, red and itchy skin or on open wounds
- The plaster should not be applied to mucous membranes such as the mouth and eye
- Wash your hands after handling the patch

## What should I do if I forget to take/use this medication?

If you forget to apply, apply as soon as you remember. Then apply your next dose at the usual time. Do not apply two doses to make up for the missed dose.

## What precautions should I take?

Inform your healthcare professional if:

- You are allergic to this medication or any of the other ingredients of this medication
- You are pregnant, planning to become pregnant, or breastfeeding
- You are taking any other medications, including supplements, traditional medications and herbal remedies.
- You have a medical condition such as heart, kidney or liver disease, G6PD (Glucose-6-Phosphate Dehydrogenase) deficiency, atopic dermatitis (red and itchy skin condition)

### **What are some common side-effects of this medication?**

- Mild and temporary irritation at the application site (for example redness, itching)
  - Remove immediately if burning sensation or irritation occurs

### **What are some rare but serious side-effects that I need to seek medical advice immediately?**

The symptoms of a drug allergy include one or more of the following:

- Swollen face/eyes/lips/tongue
- Difficulty in breathing
- Itchy skin rashes over your whole body

If you experience any of these symptoms, you should stop your medication and see your healthcare professional immediately

### **How should I store this medication?**

Store in a cool and dry place, away from direct sunlight. Keep this medication away from children.

After opening the medication sachet, the plasters must be used within 14 days. Throw away any remaining plasters after 14 days.

### **How should I throw away this medication safely?**

Used plasters still contain active substances and they should be folded into half, with the sticky side inwards so that the sticky layer is not exposed and the plaster should be thrown away

### **Disclaimers**

If you take more than the recommended dose, please seek medical advice immediately. The information provided on this page does not replace information from your healthcare professional. Please consult your healthcare professional for more information.

*This article is jointly developed by members of the National Medication Information workgroup. The workgroup consists of cluster partners (National Healthcare Group, National University Health System and SingHealth), community pharmacies (Guardian, Unity and Watsons) and Pharmaceutical Society of Singapore. The content does not reflect drug availability and supply information in pharmacies and healthcare institutions. You are advised to check with the respective institutions for such information.*

*Last updated on Jul 2022*