



Lidocaine teething products: talk to your pharmacist

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Key messages for parents and caregivers

- If you think your baby is having problems with teething or you have any concerns about your baby, talk to a healthcare provider such as your pharmacist, GP, or health visitor
- Teething is a normal process. To help with teething, try rubbing or massaging the gums or using a teething ring
- Teething products that contain the medicine lidocaine will only be available from a pharmacy on the advice of a pharmacist; this is so a pharmacist can give you advice about what would be best for your baby
- Teething products that contain lidocaine should only be used when these non-medicinal options do not provide necessary relief
- If you are advised to use lidocaine teething products for your baby, it's very important to always follow the instructions closely to make sure you are using it safely and to be careful not to use too much



What are lidocaine teething products?

Lidocaine teething products are gels or liquids that contain the medicine lidocaine, which provides a numbing action when applied to body surfaces (a local anaesthetic). These products are rubbed on the gums to provide temporary relief from teething pain. Common brand names include Anbesol Teething Gel and Dentinox Teething gel. There are also products branded with pharmacy names.

What has changed?

A group of UK medicines experts called the Commission on Human Medicines has considered evidence for the benefit and risks of these medicines and made recommendations to make their use safer.

The experts recommended that pharmacists are best placed to advise parents and caregivers of when and how lidocaine teething medicines should be used. This means the medicines will be available from pharmacies on the advice of a pharmacist and soon will no longer be available from other shops or supermarkets. As well as changes in availability, better warnings and instructions will be added to new packs of lidocaine teething medicines.

When will changes take place?

Products with the new packaging will be available in pharmacies from the beginning of 2019.



What is the advice for teething pain?

Teething is a normal process. To help with teething, the NHS website (formerly known as NHS Choices) advise parents and caregivers to try:

- Teething rings for your baby to chew; these can be cooled first in the fridge to provide extra relief
- If your baby is older than 6 months, giving them healthy things to chew on like fruit and vegetables
- Comforting or playing with your baby to distract them from any pain
- A sugar-free painkiller specifically for babies and young children such as paracetamol or ibuprofen if your baby is in pain or has a mild raised temperature – but always follow the instructions that come with the medicine

You can also try gently rubbing or massaging the gums with a clean finger.

What if I need to use lidocaine teething medicines?

If giving your infant something to chew on and massaging the gums does not work, you could ask a pharmacist about a suitable treatment. The pharmacist can advise you on a medicine that's appropriate for your baby.

Do not use a product for adults or for other conditions (for example, mouth ulcers) because these are not suitable for teething relief.



How should I safely use a lidocaine teething medicine?

Always follow the dose and instructions recommended in the instructions and on the packaging. Your pharmacist can advise you further if you have any questions.

Do I need to worry if I have just used a lidocaine medicine for my teething baby?

If you have given the dose as recommended on the product, you do not need to worry. However, if you have concerns about the health of your baby, you should contact a healthcare professional. If you think an overdose has occurred, you should stop using the lidocaine products and seek the advice of a healthcare professional.

See <https://yellowcard.mhra.gov.uk/> for how to report side effects to any medicine, vaccine, or medical device to the MHRA. You can also report side effects to medicines and receive the latest safety news from the MHRA on the Yellow Card App, available on [iTunes](#) for iOS devices and [PlayStore](#) for Android devices.

This sheet has been produced by the Medicine and Healthcare products Regulatory Agency (MHRA), an executive agency of the Department of Health and Social Care, to help healthcare professionals discuss with parents and caregivers the changes in the availability of lidocaine teething gels. Always read the leaflet that accompanies your medicines.