



Gebauer's Pain Ease is available in 3.5 fl. oz. aerosol cans containing approximately 60 5-second sprays at less than one-dollar per application.



**Mist Spray** P/N 0386-0008-02 Price:  
**Medium Stream Spray** P/N 0386-0008-03 Price:

**See for yourself!**  
 See a demonstration of Pain Ease being used on a patient for IV cannulation on YouTube! Go to [www.GebauersPainEase.com](http://www.GebauersPainEase.com) or visit [YouTube.com](http://YouTube.com) and search "Pain Free IV".

## 7 Steps to Effective use of Gebauer's Pain Ease

- Be Ready.** Have all necessary equipment ready to use.
- Clean** the injection site per your protocol.
- Measure.** Hold Gebauer's Pain Ease can 3 to 7 inches from the targeted site.
- Spray** Gebauer's Pain Ease steadily onto the site for 4 to 10 seconds.
- Be Aware.** Each patient will respond differently to its cold temperature, so spraying times vary.
- Be observant.** As soon as you see the skin starting to turn white, STOP spraying Gebauer's Pain Ease. The anesthetic effect is complete at this time.
- Perform procedure.** The anesthetic effect lasts approximately 60 seconds. Re-apply if necessary following the above instructions.

Refer to package insert for complete instructions, warnings, precautions, adverse reactions, etc. before using Gebauer's Pain Ease.



## Gebauer's Pain Ease® Nonflammable Instant Topical Anesthetic Skin Refrigerant

Prescribing Information

**RX ONLY**

**HOLD THE CAN UPRIGHT WHILE SPRAYING**

**INDICATIONS FOR USE:** Gebauer's Pain Ease Mist Spray and Medium Stream Spray are vapocoolants (skin refrigerants) intended for topical application to skin, intact mucous membranes (oral cavity, nasal passageways and the lips) and minor open wounds. Pain Ease controls pain associated with injections (venipuncture, IV starts, cosmetic procedures), minor surgical procedures (such as lancing boils, incision and drainage of small abscesses and sutures) and the temporary relief of minor sports injuries (sprains, bruising, cuts and abrasions). Pain Ease Medium Spray is also intended for use as a counterirritant in the management of myofascial pain, restricted motion and muscle tension.

**PRECAUTIONS:**

- Do not spray in the eyes.
- This product should not be used on patients having vascular impairment of the extremities or insensitive skin.
- When used to produce local freezing of tissues, adjacent skin areas may be protected by an application of petrolatum jelly.
- The freezing and thawing process may be painful, and freezing may lower local resistance to infection and delay healing.
- Over application of the product may result in hypopigmentation of the skin.
- Do not use on large areas of damaged skin, puncture wounds, animal bites or serious wounds.
- Apply only to intact oral mucous membranes.
- Do not use on genital mucous membranes.

**ADVERSE REACTIONS:** Freezing can occasionally alter skin pigmentation.

**CONTRAINDICATIONS:** Pain Ease is contraindicated in individuals with a history of hypersensitivity to 1,1,1,3,3-Pentafluoropropane and 1,1,1,2-Tetrafluoroethane. If skin irritation develops, discontinue use.

**WARNINGS:**

For external use only. Contents under pressure. For use on intact minor open wounds only. For use on intact oral mucous membranes only.

**KEEP OUT OF THE REACH OF CHILDREN**

**INSTRUCTIONS:** To apply Pain Ease from the aerosol can, hold the can upright, approximately 8 to 18 cm (3 to 7 inches) away from the treatment site. Press the actuator button firmly, spraying Pain Ease directly on the treatment site.

If the aerosol can quits spraying, turn the white actuator button approximately 1/2 turn, then point the nozzle at the treatment area and press the actuator button firmly.

**1. PRE-INJECTION ANESTHESIA:** Prepare the syringe. Clean the injection site with an antiseptic. Spray the injection site with Pain Ease continuously for 4 to 10 seconds from a distance of 8 to 18 cm (3 to 7 inches) until the skin just turns white. Do not frost the skin/area. Avoid spraying the injection site beyond this state. Do not use circular or back and forth motion. Reapply as needed. Follow these directions for other types of needle insertion procedures such as starting IV's and venipuncture. Continue with the procedure.

**2. TOPICAL ANESTHESIA IN MINOR SURGERY:** Clean the operative site with an antiseptic. Apply petrolatum to protect the adjacent area. Spray Pain Ease on the operative site continuously for 4 to 10 seconds from a distance of 8 to 18 cm (3 to 7 inches) until the skin just turns white. Do not frost the skin/area. Avoid spraying of the treatment site beyond this state and promptly make incision. The anesthetic action of Pain Ease lasts up to a minute. Reapply as needed.

**3. TEMPORARY RELIEF OF MINOR SPORTS INJURIES:** The pain of bruises, contusions, swelling, minor sprains, cuts and abrasions may be controlled with Pain Ease. The amount of cooling depends on the dosage. Dosage varies with duration of application. The smallest dose needed to produce the desired effect should be used. The anesthetic effect of Pain Ease rarely lasts up to a minute. This time interval is usually sufficient to help reduce or relieve the initial trauma of the injury. Spray Pain Ease on the target area continuously for 4 to 10 seconds from a distance of 8 to 18 cm (3 to 7 inches) until the skin just turns white. Do not frost the skin. Avoid spraying of skin beyond this state. Reapply as needed.

**4. SPRAY AND STRETCH TECHNIQUE FOR MYOFASCIAL PAIN SYNDROMES:** (Pain Ease Medium Stream Spray Only): Pain Ease Medium Stream Spray may be used as a counterirritant in the management of myofascial pain, restricted motion and muscle tension. Clinical conditions that may respond to Pain Ease Medium Stream Spray include low back pain (due to tight muscles), acute stiff neck, torticollis, acute bursitis of the shoulder, tight hamstrings, sprained ankle, tight masseter muscles and referred pains due to irritated trigger points. Relief of pain facilitates early mobilization and restoration of muscle function. The spray and stretch technique is a system that involves three stages: Evaluation, Spraying and Stretching. The therapeutic value of the spray and stretch technique is most effective when the practitioner has mastered all of the stages and applies them in the proper sequence.

**a. Evaluation:**

If the patient has been evaluated to have muscle tension and restricted motion caused by an active, irritated trigger point then proceed to Step b.

**b. Spraying:**

- Have the patient assume a comfortable position.
- Take precautions to cover the patient's eyes if spraying near the face.
- Hold the can upright. From a distance of 30 to 46 cm (12 to 18 inches), aim the stream so it meets the skin at an acute angle, lessening the shock of impact.
- Direct the spray in parallel sweeps 1.5 to 2 cm (0.5 to 1 inch) apart at the rate of approximately 10 cm per second (4 inches per second). Continue until the entire muscle has been covered. The number of sweeps is determined by the size of the muscle. The spray should be applied from the muscle attachment over the trigger point, through and over the reference zone.

**c. Stretching:**

Passively stretch the muscle during spray application. Gradually increase the force with successive sweeps. As the muscle relaxes, smoothly take up the slack by establishing a new stretch length. It is necessary to reach the full normal length of the muscle to completely inactivate the trigger point and relieve the pain. Rewarm the muscle. If necessary, repeat the procedure. Apply moist heat for 10 to 15 minutes following treatment. For lasting benefit, eliminate any factors that perpetuate the trigger mechanism.

**CONTENTS:** 1,1,1,3,3-Pentafluoropropane and 1,1,1,2-Tetrafluoroethane

**STORAGE:** Do not puncture or incinerate container. Do not expose to heat or store at temperatures above 50°C (120°F).

**DISPOSAL:** Dispose of in accordance with local and national regulations.

For more information about this product contact Gebauer Company.

  
**Gebauer Company**  
 The Most Trusted Name In Skin Refrigerants For Over 100 years®

[www.GebauersPainEase.com](http://www.GebauersPainEase.com)  
[www.gebauer.com](http://www.gebauer.com)

Products Made in the U.S.A.

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 1-800-321-9348

  
**Patient Comfort**  
 SOLUTIONS™

## Why use Gebauer's Pain Ease® for emergency procedures?

*"...effective treatment of pain is necessary to respond to patients' increasing expectations for health care and new standards...set by accrediting bodies."  
 Joint Commission on Accreditation of Healthcare Organizations (JCAHO).*

*Berry P., Dahl J.L., Donovan N.J., Fine P.G., Miskowski C., Stillman M., Syrzala K.  
 Improving the Quality of Pain Management Through Measurement and Action.  
 March 2003, page 1. Monograph retrieved Dec. 2005 from [jcaho.org](http://jcaho.org).*



  
**Gebauer Company**  
[www.GebauersPainEase.com](http://www.GebauersPainEase.com)  
[www.gebauer.com](http://www.gebauer.com)

# Gebauer's Pain Ease is the only instant topical anesthetic skin refrigerant FDA approved for use on minor open wounds and intact oral mucous membranes

## Why not.

- Gebauer's Pain Ease topical anesthetic skin refrigerant (vapocoolant) is an easy, fast, safe, and effective way to reduce pain associated with needle procedures and minor surgical procedures.
- Painful procedures are performed more effectively when pain is controlled.
- Integration of Pain Ease into your hospital is an effective way to improve patient care AND comply with the Joint Commission standards for pain management (below).
- Pain Ease is non-drug, non-flammable, and can be used by any licensed healthcare practitioner without the order of a physician.
- Effective pain management for needle procedures is becoming the standard of care in emergency medicine

*Gebauer's Pain Ease "...quickly and effectively reduced pain due to intravenous cannulation in children and improved the success rate of cannulation. It is an important option to reduce childhood procedural pain in emergency situations, especially when time precludes traditional interventions."*

Farion K, Splinter K, Newhook K, Gaboury I, Splinter, W. The effect of vapocoolant spray on pain due to intravenous cannulation in children: a randomized controlled trial. Canadian Medical Association Journal, July 1, 2008; 179 (1), pp 31-6.

**Gebauer's  
Pain Ease®**

**Gebauer Company**

**Gebauer's Pain Ease is a nonflammable, non-drug, topical anesthetic vapocoolant that instantly controls pain associated with:**

### Emergency Procedures

- **Minor surgical procedures such as incision and drainage of small abscesses, lancing boils, foreign body removal, suturing, and suture removal**
- **Most needle procedures including IV starts, blood draws, and injections**
- **Pre-lidocaine injections and, in some cases, instead of a lidocaine injection**



### Pain Ease Advantage:

- Significantly reduces pain and anxiety of needle procedures and minor surgical procedures.
- Works immediately and is easy to apply. Can be re-applied.
- Non-drug and non-flammable.
- Can be used by any licensed healthcare practitioner without the order of a physician.
- Fifty cents per application!
- Trusted: from the makers of Gebauer's Ethyl Chloride® with 109 years of history in effective patient comfort solutions.

Gebauer's Pain Ease	EMLA Cream	L.M.X.4 Cream	GEBAUER'S PAIN EASE BENEFITS
●			<b>Works Immediately –</b> Works within seconds of application. No waiting as with topical anesthetic creams. No planning ahead.
●			<b>Easy to Apply –</b> Apply immediately before procedure. No messy creams to apply.
●			<b>Cost Effective –</b> Priced approximately 50 cents or 80% lower per application when compared to topical anesthetic creams. About 60 applications in each 3.5 fl. oz. can.
●	●		<b>Increase Compliance –</b> Reduces the discomfort of an injection so patients are less anxious at the next procedure.
●			<b>May be Applied to Minor Open Wounds –</b> Has been approved for application to minor open wounds and intact oral mucous membranes.
●	●	●	<b>Non-flammable –</b> Can be used with electrical cautery equipment. Requires no special storage.
●			<b>Reapplication –</b> Can be reapplied as needed with no systemic toxicity and no risk of methemoglobinemia.

Do not spray in eyes. Do not use on large areas of damaged skin., puncture wounds, animal bites, or serious wounds. Freezing may alter skin pigmentation. Freezing may lower resistance to infection and delay healing. Rx only.

When using cautery equipment, special care should be taken to determine that the product has completely evaporated from the surface of contact to prevent against possible decomposition due to extreme heat. When product is directly exposed to sources of high temperatures, toxic or corrosive decomposition may occur producing halogens, halogen acids, and possibly carbonyl halides.

*Studies executed in accordance with USP<61>, Microbial Limits demonstrate that the application of Gebauer's Pain Ease, following an antiseptic does NOT compromise the efficacy of the antiseptic by introducing or adding an unacceptable level of microorganisms to the procedure site. All of the samples tested under the USP Microbial Limits test were negative for Staphylococcus aureus, Escherichia Coli, Pseudomonas aeruginosas, and Salmonella species.*

Data on file from Gebauer Company.

### Gebauer's Pain Ease Approximate Cost Comparison

Anesthetic Product	Size	\$ per dose	Time to Effectiveness
Pain Ease	3.5 fl. oz can	\$0.50	4-10 seconds
EMLA® Cream	5 gr. tube	\$5.50	60 minutes
L.M.X.4® Cream	5 gr. tube	\$3.25	Not stated

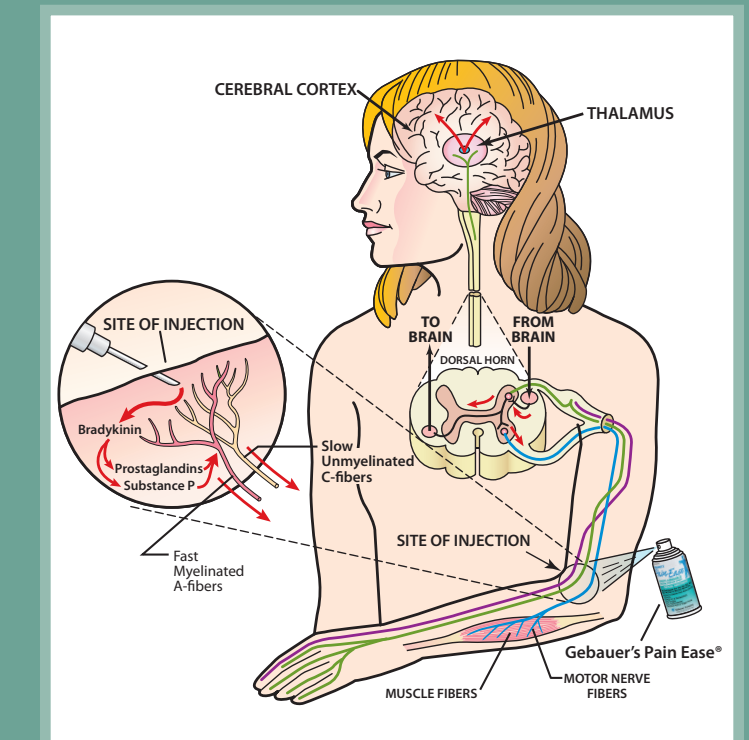
Source: 2007 Redbook AWP.



## How does Gebauer's Pain Ease work?

Mechanism of Action: Pain Ease creates an instantaneous significant temperature drop on the skin surface, working through rapid evaporation to produce a temporary anesthetic effect.

Pain Ease vapocoolant effect rapidly decreases nerve conduction velocity of the C fibers and A-delta fibers that make up the peripheral nervous system, thus interrupting the nociceptive inputs to the spinal cord (Lehmann & Delateur, 1990). The result: Procedural pain reduction.



## “Ten Steps for Compliance”

1. Recognize patient rights to pain management.
2. Screen for pain.
3. Perform a complete assessment when pain is present.
4. Record the assessment in a way that facilitates regular reassessment and follow-up.
5. Set a standard for monitoring and intervention.
6. Educate providers and assure staff competency.
7. Establish policies that support appropriate prescription for ordering of pain medicines.
8. Educate patients and families.
9. Include patient needs for symptom control in discharge planning.
10. Collect data to monitor the effectiveness and appropriateness of pain management.

*“The Joint Commission believes the effective management of pain is a crucial component of good care.”*  
stated by Dennis S. O'Leary, M.D., President, JCAHO, Joint Commission Focuses on Pain Management.  
Press release, 1999, Aug. 3, para. 5. Retrieved Dec. 2005 from jcaho.org.

Lehman, J. & Delateur, B. Therapeutic Heat and Cold, 4th Edition; Baltimore, Williams and Wilkins; 1990.