

A PRACTITIONER'S GUIDE TO  
Gebauer's  
**PainEase®**  
The INSTANT topical anesthetic

 Gebauer Company







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**PainEase®**  
The INSTANT topical anesthetic

Pain Ease, an instant topical anesthetic skin refrigerant, is FDA-cleared to instantly and temporarily control the pain associated with needle procedures, minor surgical procedures and minor sports injuries. **Pain Ease has been trusted by healthcare practitioners for over 10 years.**

Pain Ease is an easy to use, non-flammable, non-drug solution that begins working in just 4-10 seconds. Pain Ease can be used by any licensed healthcare practitioner, and does not require a doctor's order.

We've created this guide to equip healthcare practitioners with important information about Pain Ease including its cleared indications, usage instructions and risk information. Keep reading to discover how Pain Ease can be used in your daily procedures to improve patient comfort.



## Pain Ease is safe for Aseptic Procedures

**“The vapocoolant  
(Pain Ease) 1,1,1,3,3  
pentafluoropropane and  
1,1,1,2-tetrafluoroethane  
is sprayed on skin  
prepared with  
povidone-iodine;  
there is no statistically  
significant increase in  
bacterial colonization.”**

*Schleicher WF, Richards BG, Huettner F, Ozturk C, Zuccaro P, Zins JE. Skin sterility after application of a vapocoolant spray. Dermatol Surg. 2014 Oct;40(10):1103-7. doi: 10.1097/01.DSS.0000452654.29636.56.*

Pain Ease has passed microbial examinations of non-sterile products and is safe to be used prior to aseptic procedures. It will not introduce or add microorganisms to a site that has already been cleansed with an antiseptic.

- Pain Ease is filled in a controlled environment which undergoes microbial monitoring during each manufacturing run.
- Lots of Pain Ease are tested to USP <61> and USP <62> by an outside, independent laboratory. These tests determine the total aerobic microbial count (TAMC) and total yeast and mold counts (TYMC) present. They also demonstrate that a substance is free from *Staphylococcus aureus* (staph) and *Pseudomonas aeruginosa*.
- Pain Ease contains a blend of high purity 1,1,1,3,3 Pentafluoropropane (HFC-245fa) and pharmaceutical grade 1,1,1,2 Tetrafluoroethane (HFC-134a) to control impurities.

## Indications and Usage

**Gebauer's Pain Ease** is a vapocoolant (skin refrigerant) intended for topical application on skin, intact mucous membranes and minor open wounds to temporarily control pain associated with:

- ✓ Immunizations
- ✓ IV starts
- ✓ Joint injections
- ✓ Blood draws
- ✓ Incision and drainage of small abscesses
- ✓ Foreign body removal
- ✓ Lancing boils
- ✓ Skin tag removal
- ✓ Suturing and suture removal



## Using Pain Ease is as easy as 1-2-3:

1

### Prep

**Read product insert prior to use.** Have all necessary equipment ready and prepare the skin per your facility's protocol. Educate the patient about the cold effect and inform them the spray is cold. Prior to spraying the procedure area, give the patient a quick spray of Pain Ease to acquaint them with the vapocoolant sensation.

2

### Spray

**Hold the can 3 to 7 inches from treatment site.** Spray steadily 4 to 10 seconds or until the skin begins turning white, whichever comes first. Application time will vary between individuals. Do not spray longer than 10 seconds.

3

### Perform

**Perform the procedure.** The anesthetic effect lasts about one minute. Reapply if necessary.





# USING COTTON TO APPLY PAIN EASE

- Efficacy is equivalent to spraying Pain Ease directly to the skin
- Great for sensitive patients

**COTTON**  
**HELD**  
**IN**  
**LOCATION**  
**LESSENS**  
**YOUCHIES!**



## The technique is easy!

### 1. Prep

### 2. Spray

- Spray 5ml of Pain Ease into a cup and place cotton swab, ball, or gauze into the cup until it is fully saturated with product.

OR

- Spray cotton directly for 10 seconds.

### 3. Perform

- Hold saturated cotton firmly onto the site for 5-15 seconds.
- Perform the procedure.
- Reapply as needed.

Use this application method on intact skin. If the skin is breached be sure to only use this application method with sterile, disposable cotton balls, cotton swabs or gauze.



## Precautions

1. Do not spray in the eyes.
2. Do not use this product on persons with poor circulation or insensitive skin.
3. When used to produce local freezing of tissues, adjacent skin areas should be protected by an application of petrolatum.
4. The freezing and thawing process may be painful, and freezing may lower local resistance to infection and delay healing.
5. Over application of the product might cause frostbite and/or alter skin pigmentation.
6. Do not use on large areas of damaged skin, puncture wounds, animal bites or serious wounds.
7. Apply only to intact mucous membranes.
8. 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 minor open wounds only.  
For use on intact mucous membranes only.

### KEEP OUT OF THE REACH OF CHILDREN

## Important Risk and Safety Information

Consult your pediatrician when using on children 4 years old and younger. Do not use on large areas of damaged skin, puncture wounds, animal bites or serious wounds. Do not spray in eyes. Over spraying may cause frostbite. Freezing may alter skin pigmentation. Use caution when using product on persons with poor circulation. Apply only to intact oral mucous membranes. Do not use on genital mucous membranes. The thawing process may be painful and freezing may lower resistance to infection and delay healing. If skin irritation develops, discontinue use. CAUTION: Federal law restricts this device to sale by or on the order of a licensed healthcare practitioner.

# PAIN EASE & PATIENT SATISFACTION

A study of 100 patients and 100 healthcare providers concluded that the “use of a vapocoolant for patients undergoing venipuncture **significantly decreased** venipuncture pain, was associated with **high patient and provider satisfaction** and both patients and providers would use a vapocoolant spray in the future for venipuncture and other painful procedures.”

**4 OUT OF 5  
HEALTH CARE PROVIDERS AND PATIENTS  
WOULD USE PAIN EASE IN THE FUTURE**  
compared to placebo.

## But wait there's more!

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**78%** OF PATIENTS FELT LESS PAIN,  
or much less needle pain  
WITH PAIN EASE  
compared to previous blood draws

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**80%** OF PATIENTS  
would use  
PAIN EASE SPRAY AGAIN



\*Barbour, T., O'Keefe, S., RN, BSN, & Mace, S., MD, FACEP, FAAP. (2017). Patient and Health Care Provider Responses from a Prospective, Double-Blind, Randomized Controlled Trial Comparing Vapocoolant Spray versus Placebo Spray in Adults Undergoing Venipuncture in the Emergency Department. Pain Management Nursing, 1-9. doi:10.1016/j.pmn.2017.09.006



## Pain Doesn't Wait. Ease it in an Instant with Gebauer's Pain Ease.

Everyone has pain, from children to adults. So why not use a trusted topical anesthetic?

**Pain Ease has been used for over 50 million applications, leading to lots of happy patients!**

**Help to create a more comfortable experience for your patients today.**

### **Pain Ease is available in:**

Medium Stream Spray	0386-0008-03	3.9 fl. oz.
Mist Spray	0386-0008-02	3.9 fl. oz.
Single Patient Package Medium Stream Spray	0386-0008-04	1.0 fl. oz.
Single Patient Package Mist Spray	0386-0008-01	1.0 fl. oz.

