

## **Frequently Asked Questions**

### **When do I use Pain Ease?**

Gebauer's Pain Ease<sup>®</sup> is the instant topical anesthetic skin refrigerant (vapocoolant) cleared by the FDA to temporarily control pain associated with needle procedures and minor surgical procedures such as: immunizations, allergy injections, foreign body removal, suturing and suture removal, IV starts, and blood draws. Pain Ease can be applied to intact skin, minor open wounds and intact oral mucous membranes. It is non-drug, non-flammable and can be used by any licensed healthcare practitioner without the order of a physician.

### **What is a vapocoolant and how does it work?**

Pain Ease is categorized by the FDA as a vapocoolant. Pain Ease is considered a vapocoolant because it creates an instant significant temperature drop on the skin surface site by immediate evaporation. The coldness created by evaporation of the spray decreases the nerve conduction velocity of the C fibers and A-delta fibers that make up the peripheral nervous system. This interrupts the nociceptive inputs to the spinal cord creating a temporary anesthetic effect resulting in procedural pain reduction. *(Lehmann, J. & Delateur, B. Therapeutic Heat and Cold, 4th Edition; Baltimore, Williams and Wilkins; 1990)*

### **How do I use Pain Ease?**

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.



## **I usually don't use anything for patient comfort before needle procedures so, why should I use Pain Ease?**

Offering a patient Pain Ease to instantly control procedural pain and improve comfort is an easy way to positively impact patient satisfaction. Controlling patient pain and anxiety also helps the healthcare practitioner provide better care. Healthcare practitioners serve an important role ensuring the patient has a positive perception of the care they receive because the patient's perception is measured through HCAHP scores which result in a direct, quantifiable impact on the health care organization's financial performance and clinical outcomes. *(To find out more, read Gebauer Company's Whitepaper "Nurses' Use of Instant Topical Anesthetic Can Positively Impact HCAHPS Scores" at: [www.Gebauer.com/PainEaseHCAHPS](http://www.Gebauer.com/PainEaseHCAHPS))*

## **How long does Pain Ease last?**

The anesthetic property of Pain Ease lasts for up to 60 seconds. Pain Ease can be reapplied as necessary. *(Cold Perception, Surface, Subcutaneous and Intramuscular Temperatures Produced by Gebauer Pain Ease® Topical Vapocoolant Spray. Merrick MA, Martin KM. Journal of Athletic Training, 47(3), 9Supplement, 91; May 2012)*

## **Is Pain Ease Sterile?**

Pain Ease is not sterile. However, Pain Ease has undergone microbial testing by an independent laboratory to determine total aerobic microbial count, total mold and yeast count, and to demonstrate the product has met the United States Pharmacopeia (USP) <61> and <62> testing standards. The results demonstrated that Pain Ease is free from Staphylococcus aureus, Pseudomonas aeruginosa, Bacillus subtilis, Clostridia, Escherichia coli, Salmonella, and Candida albicans and is safe to be used prior to aseptic procedures. Additionally, a published clinical trial concludes Pain Ease will not introduce or add microorganisms to a site prepped with an antiseptic. *(Dermatol Surg. 2014 Oct; 40 (10):1103-7. Skin sterility after application of a vapocoolant spray. Schleicher WF, Richards BG, Huettner F, Ozturk C, Zuccaro P, Zins JE)*

## **Are there any contraindications for using Pain Ease?**

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. Consult the product insert for a full listing of all contraindications, warnings, adverse reactions and precautions.



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### **Is Pain Ease flammable?**

Pain Ease is non-flammable. It can be used in conjunction with ultrasound, x-ray, laser and cautery equipment.

### **Can Pain Ease be sprayed directly on other medical devices such as PICC lines, IV tubing or ports?**

Medical devices are made from a wide array of materials. Gebauer Company lacks compatibility information that would be inclusive of every medical device material. Therefore Gebauer Company does not recommend you spray Pain Ease directly onto other medical devices.

### **What are the active ingredients of Pain Ease?**

Gebauer's Pain Ease consists of a proprietary blend of non-flammable hydrochlorofluorocarbons: 1,1,1,3,3-Pentafluoropropane (HFC-254fa) and 1,1,1,2-Tetrafluoroethane (HFC-134a).

### **How do I decide if I should use Pain Ease Medium Stream or Pain Ease Mist?**

Using Pain Ease Medium Stream or Pain Ease Mist Spray is the choice of the health care practitioner or defined by your facility's procedure protocol. Pain Ease Medium Stream is our most popular spray. Medium Spray can be directed to an exact location making it ideal for procedures such as: IV starts, blood draws, injections, incision and drainage of small abscesses, suturing and suture removal. Pain Ease Mist Spray is useful for broader application sites and facial applications. Mist Spray may cause a more intense cooling effect than Medium Stream due to faster evaporation.

**Gebauer Company is happy to answer any questions you have about our Pain Ease product. Please contact us at:**  
**[www.Gebauer.com](http://www.Gebauer.com) or Customer Service: 216.581.3030/800.321.934**



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