

5 Caine Mix – Patient Information

Your T.R.U.E. TEST results indicate that you have a contact allergy to caine mix. Caine mix substances in contact with your skin may result in dermatitis. This contact allergy may cause your skin to react when it is exposed to these substances, although it may take several days for the symptoms to appear. Typical symptoms include redness, swelling, itching and fluid-filled blisters.

Caine mix contains the following three allergens:

- Benzocaine, SP
- Tetracaine hydrochloride, USP
- Dibucaine hydrochloride, USP

These substances are local anesthetics used in topical over-the-counter and prescription products to numb or soothe the skin.

Where is caine mix found?



At work, you may find caine mix or one of its components in:

- Manufacture of medicines containing benzocaine, tetracaine or dibucaine
- First aid analgesics and antiseptics with benzocaine, tetracaine or dibucaine



At home, you may find caine mix or one of its components in:

- Over-the-counter first aid treatments for the pain and itching of injured skin
- Prescription therapies for ear and eye inflammation
- Sprays and lozenges for coughs and sore throat
- Hemorrhoid treatments

Benzocaine and related anesthetics are also found in some products for athlete's foot, calluses, warts and corns. You may also react to sunscreens and creams containing Para-aminobenzoic acid (PABA) and to permanent hair dyes.

How can you avoid caine mix or one of its components?

- Check all topical skin, eye and ear preparations (prescription and over-the-counter) for caine mix or one of its components. Only use products that do not list benzocaine, tetracaine or dibucaine on the label, ingredients list or package insert. If there is no information, talk to your pharmacist or contact the product manufacturer.
- Tell your physician, pharmacist, dentist, veterinarian, beautician and hairdresser that you are allergic to caine mix. Ask for preparations that do not contain caine mix or its components.
- If you must use products that contain caine mix on pets or children, wear protective gloves. Utility gloves made of natural or synthetic rubber, or vinyl, are good for working with most preparations that contain caine mix or its components.
- If you think that you've come in contact caine mix or its components at work, ask your employer for Material Safety Data Sheet (MSDS), package insert or manufacturer information on the product(s). Talk to your employer about using a different product or wearing protective gloves and clothing.

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What should you look for and avoid?*

Avoid products that list any of the following names in the ingredients or package insert:

- **Benzocaine** or 4-carbethoxyaniline; ethyl PABA; benzoic acid, 4-amino-, ethyl ester; ethyl 4-aminobenzoate
- **Tetracaine** or dimethylaminoethyl p-butyl-aminobenzoate; benzoic acid, 4-(butylamino)-, 2-(dimethylamino)ethyl ester
- **Dibucaine** or cinchocaine; -butyloxycinchoninic acid diethylethylenediamide; 2-butoxyquinoline-4-carboxylic acid diethylaminoethylamide

Benzoic Acid Derivatives:

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| • Metabutethamine | • Amylocaine | • Metabutozycaine |
| • Procaine | • Benzamine | Risocaine |
| • Proparacaine | • Naepaine | Piperocaine hydrochloride |
| • Benoxinate hydrochloride | • Cyclomethycaine | Chloroprocaine hydrochloride |
| • Butamben Picrate | • Orthocaine | Hexylcaine hydrochloride |
| • Cocaine hydrochloride | • Meprylcaine hydrochloride | Meta-aminobenzoic acid esters |
| • Butacaine | • Propoxycaine | Proparacaine hydrochloride |

Other Agents:

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| • Procainamide – anti-arrhythmic | • Sulfonylureas – antidiabetic agent | • Para-aminosalicylic acid (p-amino-salicylic acid) (PAS) – antimicrobial agent |
| • PABA esters – sunscreens | • Para-aminobenzoic acid (p-amino-benzoic acid) (PABA) – sunscreens | |
| • Hydrochlorothiazide – diuretic | • Paraphenylenediamine (p-phenylenediamine) hair and fur dyes | |
| • Aniline dyes | | |
| • Sulfonamides – antibiotics | | |

What are some products that may contain benzocaine, tetracaine or dibucaine?*

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| • Lanacane Maximum Strength Anti-Itch Medication | • Ungentine® Maximum Strength Pain Relieving/Antiseptic Cream |
| • Orajel® Maximum Strength Gel Oral Pain Reliever | • Chloraseptic® Sore Throat Lozenges |
| • TRITOP® | • Oticaine Otic |
| • Anbesol® – Baby Oral Anesthetic Gel | • Amethocaine Ophthalmic Anesthetics |
| • NEO-PREDEF® with Tetracaine | |
| • Lanacane® Anti-Bacterial First Aid Spray | |

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What products do NOT contain benzocaine, tetracaine or dibucaine?*

- Aveeno® Anti-Itch Gel Spray
- Caladryl® Clear External Analgesic Skin Lotion
- Pramoxone® topical anesthetic
- Solarcaine® Aloe Extra Burn Relief Gel
- Emla® Cream
- Hemorid®
- Aveeno® Maximum Strength Anti-Itch Cream, 1% Hydrocortisone
- Bactine® Antiseptic
- Instillagel® Sterile Lubricant
- Screts® Sore Throat Lozenge

*For additional information about products that might contain caine mix or a related substance, go to the Household Product Database online (<http://householdproducts.nlm.nih.gov>) at the United States National Library of Medicine. These lists are brief and provide just a few examples. They are not comprehensive. Product formulations also change frequently. Read product labels carefully and talk to your doctor if you have questions. These are general guidelines. Talk to your doctor for more specific instructions.