

Your TRUE TEST results indicate that you have a contact allergy to caine mix. This contact allergy may cause your skin to react when it is exposed to this substance, 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 throats
- Hemorrhoid treatments

Benzocaine and related anaesthetics are also found in some products used to treat athlete's foot, calluses, warts and corns.

You also may 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, ingredient list or package insert. If no information is available, 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 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 about wearing protective gloves and clothing.

WHAT SHOULD YOU LOOK FOR AND AVOID?*

Avoid products with the following names in the list of 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:

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

Other Agents:

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

*These lists are brief and provide just a few examples. Read product labels carefully and talk to your doctor if you have any questions. Product formulations may change from time to time without notice. Talk to your doctor for specific instructions. For additional information about products that might contain **caine mix** or a related substance, go to the Household Products Database online (householdproducts.nlm.nih.gov) at the United States National Library of Medicine.