

## Frequently Asked Questions for Consumers

# WCH Teething Gel

From 21 May 2019, the Women's and Children's Hospital (WCH) Teething Gel is no longer available. For information about recommended ways to manage teething pain, visit: [www.cyh.com/teething](http://www.cyh.com/teething)



### What is the WCH Teething Gel?

The WCH Teething Gel has been used for pain caused by teething or mouth ulcers.

It contains a local anaesthetic (numbing) medicine called lidocaine (also called lignocaine) and an antiseptic called chlorhexidine. It is rubbed on the gums to ease discomfort.

### Why is the WCH Teething Gel no longer available?

The WCH Teething Gel contains lidocaine, which is no longer recommended for infant teething pain. This is because there is limited evidence to prove it is effective and it might be harmful if too much is swallowed.

SA Health recently reviewed the use of the gel and decided that it should no longer be recommended for infant teething. This decision is in line with international and national recommendations.

### I have used the WCH Teething Gel on my child. Do I need to worry?

If you have used the WCH Teething Gel as directed on the bottle, you do not need to worry. Very little lidocaine gets absorbed when it is rubbed on the teeth or gums.

Lidocaine may be harmful if infants or children swallow too much at one time. It is important to remember that taking too much of any medicine may cause harm.

### Can I still use the WCH Teething Gel if I have it at home?

If used as per the directions on the bottle, and the product is in date, the gel is very unlikely to cause harm. However, SA Health no longer recommends the use of the gel for infant teething.

### Can I buy teething gel from my community pharmacy?

There are several teething gels sold in Australia, but many of these may also cause harm if too much is swallowed. While these teething gels may be available from community pharmacies, SA Health no longer recommends the use of any teething gel for infant teething.

### What else can I use for teething pain?

SA Health recommends the following options for treatment of teething pain:

- > Teething rings
- > A clean, cold cloth for the child to bite

Pain relief, such as paracetamol or ibuprofen, may help some children. Medicines should only be used as per package directions. It is recommended that your child is reviewed by a doctor, nurse, midwife or pharmacist if more than 2 or 3 doses of pain relief are needed.

## Where can I get more information?

For more information about managing teething pain:



Contact the Parent Helpline on 1300 364 100



Visit [www.cyh.com/teething](http://www.cyh.com/teething)



Speak to your GP

For more information about the WCH Teething Gel:



Contact the SA Pharmacy Medicines Information Service on 08 8161 7555  
(9.00am to 5.00pm, Monday to Friday)

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## For more information

**Parent Helpline**  
**Women's and Children's Health Network**  
**Telephone: 1300 364 100**  
**[www.cyh.com/teething](http://www.cyh.com/teething)**

Public-11-A1

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