

# PATIENT INFORMATION

## A Guide to Applying EMLA Cream

**Any enquiries please telephone Single Point of Access Team: 03300 245321**

You have been supplied with EMLA cream as your child may be due to have a blood test or injection. It's important that EMLA cream is applied correctly to ensure that it works effectively. It works by numbing the surface of the skin for a short time. This helps to stop pain on the skin; however your child may still have the feelings of pressure and touch.

EMLA cream will be supplied in a 5g tube. One gram of EMLA Cream pressed out of a tube is approximately 3.5 cm. Half a 5 g tube corresponds to about 2 g of EMLA Cream. Please check the table below to ensure you apply the correct amount of cream for your child's age:

Age	Amount
New born infant 0-2 months	Apply 1 gram of cream to a single area.
Infants ages 3 months to 1 years	Apply 1 gram to each area. <i>(No more than 2 areas for children under 12 months)</i>
Children over 12 years	Apply 2 grams

*Also refer to the Patient Information Leaflet supplied with the cream.*

### Preparation

1. Store EMLA in a cool, dry place below 30 degrees, and out of sight and reach of children.
2. EMLA is usually applied to the inside of the elbows on both arms or on the back of both hands. Your Children's Community Nurse (CCN) will advise where it is best to apply for your child.
3. Ensure your child's skin is clean and dry so that the cream absorbs correctly and that the dressing will stick well. Avoid areas with cuts, grazes, rashes or eczema.
4. Before applying, check that the EMLA is in date – the expiry date is usually written at the end of the tube in black print. The expiry date refers to the last day of the month.
5. **EMLA must be applied 60 minutes prior to the procedure.** Plan accordingly to ensure it is at its most effective when your CCN has arranged to visit and complete the blood test/ injection.

## Step by step instructions

1. Squeeze the cream into a mound onto the site of the procedure (top of hand or inner aspect of elbow). Do not spread the cream out or rub it in.



2. Take one of the enclosed occlusive dressings and remove the centre cut-out piece. Other occlusive dressings can be used if there is no dressing in pack. E.g. plastic film such as cling wrap can be used and stuck to itself.



3. Peel the paper liner from the paper framed dressing. Cover EMLA cream so that you get a thick layer underneath. Smooth down the dressing edges carefully to avoid leakage. Remove the paper frame and record the time of application.



4. Your CCN will remove, or ask parent to remove the dressing and cream before completing the blood test/ injection.

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.