



Instructions for EMLA cream

What is EMLA cream?

Emla cream works by temporarily numbing the surface of the skin for a short period of time.

How do I obtain EMLA cream?

We can give you a private prescription, or you can buy it from a pharmacy.

How much EMLA cream do I need to buy?

As an example, you will need to purchase 2x5mg tubes to fully cover the front of the neck.

Instructions for use:

- Apply the cream one hour before your scheduled procedure
- The numbing cream will last for up to 3 hours
- Ensure to wear gloves or wash your hands before and after application
- Open the tube (you may have to pierce the tube with the point on the cap)
- Squeeze out a generous amount to cover the area that you need to be numbed
- Use cling film and micropore tape (can be ordered online or purchased at most pharmacies) to cover the area for best results
- Do not use gauze or plasters on the area as these types of materials will absorb the cream
- The area should begin to feel numb to the touch after 15 minutes. It will reach maximum effect after 1-2 hours and will wear off after 3 hours