



Emla Instructions

You must follow these instructions for the cream to work

- Purchase a tube over the counter at the chemist; no prescription is required.
- Apply 1-2 hours prior to procedure
- Put lots on
- Cover with as adhesive plastic dressing such as tegaderm or improvise with cling film
- Some areas are difficult to seal off – put on extra cream and do your best to seal off.
- Leave the cream and plastic cover on. Our staff will remove these immediately prior to the procedures.
- Please discuss any queries with the staff in our office