This leaflet gives guidance on how to apply local anaesthetic cream. Please read it carefully before applying cream.

You have been provided with a tube of local anaesthetic cream called EMLA®/DENELA® to make the skin go numb.

To gain maximum effect from this cream, it is very important to apply this cream thickly to the whole area as indicated to you by the doctor or nurse.

The cream should be applied for a minimum of one hour to one and a half hours before your appointment time. It should be applied liberally to ensure that no skin or marks are visible beneath the area that the cream has been applied.

The cream should be covered with a dressing you were supplied with or cling film, but this will need to be secured by tape.

Try not to get the cream on your fingers, but if you do then wash them thoroughly afterwards.

Full instructions with diagrams are provided overleaf.

If you have queries or concerns regarding this, please telephone the Dermatology nurses on one of the numbers below.

For Amersham or Wycombe nurses: 01494 734632 from 9am to 5pm.

For Stoke Mandeville nurses: 01296 315756 from 8.30am to 4.30pm.
How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the main entrance of the hospital and at the entrance to every clinical area before coming in to and after leaving the clinical area or hospital. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

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If you require a translation of this leaflet please call 01494 734604.

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