

Department of Dermatology, Allergy and Skin Surgery

Patient Information - Application of local anaesthetic cream

This leaflet gives guidance on how to apply local anaesthetic cream before having a blood test or minor skin operation. 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 approximately one hour before the appointment time and covered with the dressing you were supplied with or cling film. 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.

Recommended amounts in Children

Newborn and infants aged 0-2months: up to 1g of cream on total skin area not larger than 3x3cm. Application time: 1 hour maximum

Infants aged 3-11 months: up to 2g of cream on a total skin area not larger than 4x4cm. Application time: 1- 4 hours maximum.

Children aged 1-5 years: up to 10g of cream on a total skin area not larger than 10x10cm. Application time: 1- 5 hours maximum.

Children aged 6-11 years: up to 20g of cream on a total skin area not larger than 14x14cm. Application time: 1- 5 hours maximum.

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

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

Stoke Mandeville nurses: 01296 315756 from 8.30am to 4.30pm.

For children's blood tests please call to make an appointment in Children's Outpatients at one of the hospitals below.

Wycombe Hospital: 01494 426487

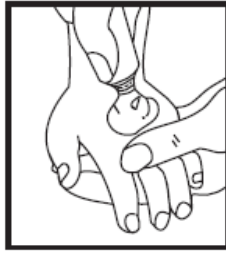
Stoke Mandeville Hospital: 01296 316426

Safe & compassionate care,

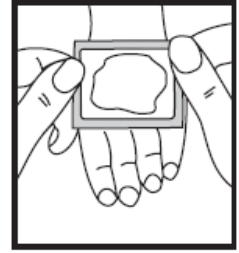
every time

Application of local anaesthetic cream

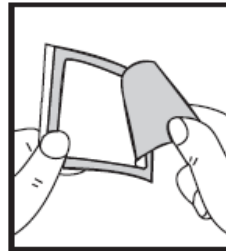
1. Squeeze the cream into a mound where it is needed on your skin (for example where the needle is going to be put in). Cream applied to a circular area diameter of about 18 mm (a 1 pence coin) and depth of about 5 mm is equal to 1 g of EMLA cream.



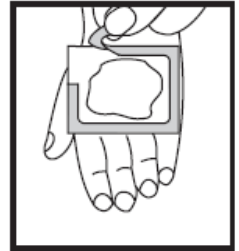
5. Remove the covers of the dressing. Then place the dressing carefully over the mound of cream. Do not spread the cream under the dressing.



2. **Do not rub the cream in.**



3. Peel the 'centre cut-out' from the dressing.

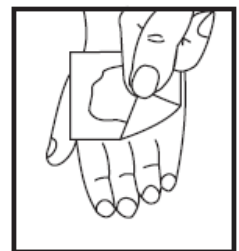


6. Remove the plastic backing. Smooth down the **edges** of the dressing carefully. Then leave it in place for at least 60 minutes.

4. Peel the paper layer from the dressing.



7. Your doctor or nurse will take the dressing off and remove the cream just before they do the medical procedure (for example just before the needle is put in).



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.