

Childrens Medical Center of Dallas

PATIENT/FAMILY INSTRUCTIONS FOR THE ADMINISTRATION OF: EMLA CREAM

PATIENT NAME:

DATE:

MEDICATION PURPOSE:

EMLA cream is offered to decrease the amount of discomfort experienced when doing certain invasive procedures. There are some circumstances in which EMLA would not be indicated. Please feel free to inquire about the use of EMLA cream at any time.

APPLICATION INSTRUCTIONS:

1. Apply ½ tube (approximately 2"x2") in a thick layer to the site of procedure.
2. DO NOT SPREAD OUT CREAM. There should be a "glob" at the site. You may use EMLA cream on more than one site at the same time.
3. Apply clear dressing to site over EMLA cream (remove center piece first and apply dressing, then remove paper liner around dressing). Note date and time cream was applied on the dressing.
4. Cream should be applied at least one hour prior to procedure. If lab work has been done prior to arrival to clinic/hospital and patient is just coming for chemotherapy/treatment, the EMLA cream should be applied at home. This avoids excess wait time when you arrive.
5. If you are coming to the clinic/hospital for lab work and then chemotherapy/treatment, alert clinic/hospital nurse that cream needs to be applied upon arrival.
6. If treatment is canceled due to low counts or other reasons, cream should be removed prior to leaving the clinic/hospital.
7. Cream should never stay on longer than 4 hours! After removal of cream, the effects will last another 2 hours.
8. If Port or IV will be needed for x-ray or scan, EMLA cream should be applied prior to arrival to radiology. Alert radiology staff that you have applied cream and the time it was applied. If you have questions in reference to the wait time once you have arrived to Radiology then please call the Radiology Department for guidance.
9. DO NOT apply to broken skin.