

# THORNBURY ROAD CENTRE FOR HEALTH

## **EMLA CREAM - PATIENT INFORMATION**

What EMLA Cream is and what it is used for:

EMLA Cream contains two active substances called lidocaine and prilocaine. These belong to a group of medicines called local anaesthetics.

EMLA Cream works by numbing the surface of the skin for a short time. It is put on the skin before certain medical procedures. This helps to stop pain on the skin; however, you may still have the feelings of pressure and touch.

### **Children :**

It can be used to numb the skin before:

- Having a needle put in (for example, if you are having an injection or a blood test).
- Minor skin operations.

For other purposes than application to intact skin, the product should be used only upon recommendation of a doctor, nurse or pharmacist.

### **How to use EMLA Cream in children**

Use on the skin before small procedures (such as having a needle put in or minor skin operations)

#### **Application time: approx. 1 hour.**

**Newborn infants and infants 0-2 months:** Up to 1 g of cream on a skin area not larger than 10 cm<sup>2</sup> (10 square centimetres) in size. Application time: 1 hour, not more. Only one single dose should be given in any 24 hour period.

**Infants aged 3-11 months:** Up to 2 g of cream on a total skin area not larger than 20 cm<sup>2</sup> (20 square centimetres) in size. Application time: approx 1 hour.

**Children aged 1-5 years:** Up to 10 g of cream on a total skin area not larger than 100 cm<sup>2</sup> (100 square centimetres) in size. Application time: approx 1 hour, maximum 5 hours.

**Children aged 6-11 years:** Up to 20 g of cream on a total skin area not larger than 200 cm<sup>2</sup> (200 square centimetres) in size. Application time: approx 1 hour, maximum 5 hours.  
A maximum of 2 doses at least 12 hours apart may be given to children over 3 months of age in any 24 hour period.

EMLA Cream can be used on children with a skin condition called "atopic dermatitis" but the application time is then 30 minutes, no longer.

When you apply the cream, it is very important to exactly follow the instructions below:



1. Squeeze the cream into **BOTH arms or BOTH hands** where it is needed on your skin (for example where the needle is going to be put in). Half a 5 g tube corresponds to about 2 g EMLA Cream. One gram of EMLA Cream pressed out of a tube of 30g is approximately 3.5 cm. Do not rub the cream in.



2. Use clean film to cover the EMLA cream. E.g. plastic film such as cling wrap can be used and stuck to itself, then leave it in place for at least 60 minutes if the skin has not been damaged. The cream should not be left in place for more than 60 minutes in children under 3 months or for more than 30 minutes in children with an itchy skin condition called 'atopic dermatitis'

#### **Do not use EMLA Cream on the following areas:**

- Cuts, grazes or wounds, excluding leg ulcers.
- where there is a skin rash or eczema.

- In or near the eyes.
- Inside the nose, ear or mouth.
- In the back passage (anus).
- On the genitals of children.

**Possible side effects:**

Like all medicines, this medicine can cause side effects, although not everybody gets them.

Contact your doctor or pharmacist if any of the following side effects bother you or do not seem to go away. Tell your doctor about anything else that makes you feel unwell while you are using EMLA Cream.

If you experience any of the following effects while you are using EMLA Cream, stop using it and check with your doctor or pharmacist as soon as possible:

- Allergic reactions, which in rare cases may develop into anaphylactic shock (skin rash, swelling, fever, respiratory difficulties and fainting) during treatment of skin, genital mucosa or leg ulcers.
- Methaemoglobinaemia (blood disorder), which in rare cases may develop during treatment of the skin, and may cause signs and symptoms of hypoxaemia (abnormally low level).