

# Applying EMLA® – Follow these simple steps

## 1 Prepare

Apply EMLA® at least one hour prior to procedure.

Clean and dry the skin area exactly where the procedure will take place.

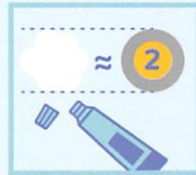


## EMLA® cream



## 2 Squeeze

Please check the instructions provided in your pack to determine the amount of cream you will need for you or your child's procedure. Squeeze out a thick layer of cream onto your skin. A 2g dose covers an area slightly larger than a two dollar Canadian coin.



## 3 Cover

If you are using Tegaderm® (supplied with the 5g tube) remove the center cut-out piece. Peel the paper liner from the paper-framed dressing. Next, smooth down the dressing edges carefully to ensure it is secure. You can also use plastic wrap to cover the cream, and hold the dressing in place with adhesive or medical tape to make sure it is air-tight.



## 4 Record

It's a good idea to write the time you applied the cream on the dressing or patch(es) so that you can remember.



## 5 Relax

You can leave the dressing and cream or patches on for the health care provider to remove unless instructed otherwise. The EMLA® effect will last for up to five hours.



## EMLA® patch(es)



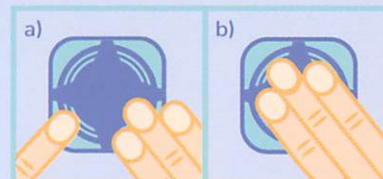
## 2 Bend & peel

Find the metal flap in the top corner on the back of the patch. Bend back the metal flap and pull to peel the protective layer off the patch. Please avoid touching the white, round pad which contains EMLA®.



## 3 Stick

Apply the patch(es) onto the area where the procedure will occur. Press **firmly** only around the **edges** of the patch(es) to ensure a good adhesion to the skin. Next, press **gently** on the **centre** of the patch(es) to ensure that EMLA® comes into contact with the skin. Be careful not to touch any of the cream.



Your skin may look a little white where the cream or patch has been applied. This is expected and your skin will return to normal as the EMLA® effect wears off.



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Why endure pain when you can **emla** it?





If you don't like getting needles –  
**you are not alone.**

## Did you know?

- **90% of 14- to 18-month-old infants, and 45% of 4- to 6-year-olds demonstrate severe distress during vaccinations.**<sup>1</sup>
- Pain experienced in children during vaccinations can intensify in future procedures if left untreated.<sup>2-3</sup>

**Your health care provider has recommended using EMLA® to help reduce pain.**

EMLA® is a brand name for topical anesthetic with a unique formulation that allows it to penetrate your skin quickly and numb your skin, reducing the amount of pain you may feel before getting a needle or having blood taken, or before vaccinations with certain vaccines.<sup>4</sup>

## EMLA® can provide comfort

### For you

- It helps to reduce anxiety and pain during certain procedures.<sup>5-6</sup>
- Peace of mind knowing that you've helped ease your child's pain when undergoing a vaccination.\*

### For your Health Care Provider

- Peace of mind knowing that pain can be minimized during the procedure.

\* EMLA® is only approved for vaccination with the following vaccines: MMR (Measles-Mumps-Rubella), DPTP (Diphtheria-Pertussis-Tetanus-Poliovirus); Haemophilus influenza b or Hepatitis B.<sup>4</sup>

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## Cream and patch<sup>4</sup>

EMLA® is available in two different formats:



Cream



Single-use patch

You can ask your pharmacist for a tube of EMLA® cream or a box of EMLA® patches; a prescription is not required. Your pharmacist will be able to answer any questions you may have regarding the use of EMLA® for yourself or your child.

This leaflet is a summary and does not contain all information related to EMLA®. If you require further guidance on how to use EMLA®, please consult your health care provider or pharmacist or call Aspen Canada Medical Information at 1 (844) 330-1213.

It is important to use EMLA® properly. Improper use of EMLA® can lead to serious and life-threatening side effects.<sup>4</sup>

Do not apply EMLA® to infants under three months of age unless advised by your health care provider.<sup>4</sup>

EMLA® contains the following active ingredients: lidocaine 2.5% and prilocaine 2.5%.<sup>4</sup>

References: 1. Jacobson RM et al. and Vaccine Research Group. Making vaccines more acceptable - methods to prevent and minimize pain and other common adverse events associated with vaccines. *Vaccine* 2001;19(17-19):2418-2427. 2. Noel M et al. Children's Memory for Painful Procedures: The Relationship of Pain Intensity, Anxiety, and Adult Behaviors to Subsequent Recall. *Journal of Pediatric Psychology* 2010;35(6):626-636. 3. Chen E et al. Children's Memories for Painful Cancer Treatment Procedures: Implications for Distress. *Child Development* 2000;71(4):933-947. 4. EMLA® Product Monograph, Aspen Pharmacare. August 9, 2019. 5. Eppley B. Easing Botox Administration With EMLA® Cream. *Aesthetic Surg J.* 2004;24:79-8. 6. Taddio A. et al. Use of lidocaine-prilocaine cream for vaccination pain in infants. *Pediatrics* 1994;124(4):643-648.

**emla**<sup>®</sup>  
lidocaine prilocaine