# Steps when using a band-aid

## Applying Emla to the hand, inside of the elbow, or arm (for blood draw, IV placement, or injection)



### 1 Prepare the band-aid

Place the band-aid on a flat surface with the paper protective layer facing upward.
This is the back of the band-aid.

Remove the paper protective layer from the band-aid.

You will now see a window in the band-aid.
The adhesive side of the band-aid is facing upward.

---

### 2 Apply the cream

Remove the cap from the tube and use the top of the cap to pierce the top of the tube.

Apply half a tube of Emla to the center of the band-aid, on the adhesive side.



**or**

You can also apply the cream directly to the skin, on the area that needs to be numbed.



---



### 3 Apply the band-aid to the skin

Hold the paper borders on the sides of the band-aid.

Place the adhesive side of the band-aid on the area that needs to be numbed.

**or**

Place the adhesive side of the band-aid over the cream.

---

### 4 Remove the paper border

The paper border is now on top of the band-aid.
Remove this border.



The band-aid is now completely transparent.
You can no longer see any paper borders.



---



### 5 Check the band-aid

Check that the band-aid is firmly attached.

Check that the cream is not leaking out from underneath.

---

### 6 Let the cream take effect

Write down the time you applied the cream.

Leave the band-aid in place for at least one hour.
The cream only starts working after one hour.

Emla may remain in place for five hours.
If your child is younger than one year, remove the cream after one hour.

After removing it, the skin will remain numb for approximately two hours.

**Note: Always apply the cream to at least two places.**
**Repeat the steps.**