Before you start

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

How do you use Emla?

You can use Emla in two ways.
With both methods, the cream stays in place well.

1



With a transparent band-aid from the pharmacy

2



Directly on the skin with plastic wrap over it

Plastic wrap does not stick to the skin and is easy to remove. This is often more comfortable for children.

What do you receive from the pharmacy?

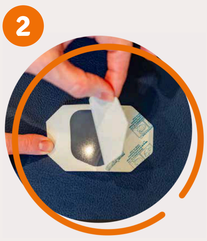
You receive five-gram tubes of Emla and band-aids.
The band-aid consists of three parts:

1



A paper protective layer on the back of the band-aid

2



A transparent adhesive window

3



A paper border

Where do you apply the cream?

For a blood draw or IV placement:



On the left and right hand

and



on the inside of the elbow

For an injection:



On the left and right side of the outside of the upper arm