Steps when using a band-aid

Applying Emla to the back (for a lumbar puncture)



1 Prepare two band-aids

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

Remove the paper protective layer from both band-aids.

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

2 Apply the cream directly to the skin

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

Have your child sit upright.

Place your index fingers on both sides of the pelvis. From there, draw an imaginary line toward the middle of the back.
This is the correct place.

From this point, use the cream to draw a line 2 cm upward and 2 cm downward.







3 Apply the first band-aid to the skin

Hold the first band-aid by the paper borders on the sides.

Place the adhesive side of the band-aid on the area you want to numb.

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 Apply the second band-aid

Place the second band-aid over the cream in an overlapping way, like roof tiles, so that all the cream is covered.

Remove the paper border here as well.

6 Check the band-aids

Check that the band-aids are firmly attached.

Check that the cream is not leaking out from underneath.

7 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.