Steps when using plastic wrap

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



1 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 directly to the skin
Note: Do not spread the cream.

(This example shows the hand, but you can also apply the cream to the inside of the elbow or the upper arm.)

2 Cover the cream with plastic wrap

Wrap plastic wrap around it at least twice so that the cream stays in place.













3 Check the plastic wrap

Check that the plastic wrap is properly in place.

Check that the cream is not leaking out from underneath.

4 Let the cream take effect

Write down the time you applied the cream.

Leave the plastic wrap 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 plastic wrap 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.