

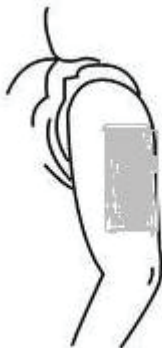
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## Instructions for applying EMLA cream

- EMLA Cream must be applied 1 hour before the skin test appointment.
- Before applying EMLA Cream, wash the skin with warm soapy water and a wash cloth.
- The cream should be applied **very thick** (about 1/4 inch thick) on top of skin. Place cream on **both** upper, outer arms. Begin with application about 1 inch below shoulder to 1 inch above the elbow and about 2 ½ - 3 inches wide. ***Do not rub cream into skin.***



- Take plastic wrap and cover the treated area, going around the arm 1 – 2 times. Be careful not to press on the cream, in order for it to remain thick.
- Secure the edges of plastic wrap with medical tape or bandages to avoid leakage or movement of plastic.
- Plastic wrap and cream will be removed during skin test.
- The skin will remain numb for at least one hour after the removal of the plastic wrap.