

# Topical Numbing Medicine

## *EMLA cream to reduce pain*

*Your doctor suggests that you use a numbing cream to help reduce pain during your procedure. This handout explains what medicine to buy from your pharmacy and how to use it for the best results.*

## What is numbing medicine?

Topical numbing medicine is a cream you apply to your skin. It will help reduce pain during your procedure.

You can buy numbing medicine from your pharmacy with a prescription. Your doctor may prescribe you EMLA cream, with 2.5% lidocaine and 2.5% prilocaine.

## How do I use it?

- Use the cream 2 hours before your appointment.
- Apply the cream in 2 steps:
  - First, put some cream on the area and rub it into your skin.
  - Next, put on a thicker layer and leave it on your skin. Do not rub it in. Be sure to spread the cream 1 inch beyond the area of your procedure.
- Cover the area with plastic wrap, such as Saran Wrap. You can also use a Tegaderm dressing to keep the cream from coming off. The cream will absorb into your skin.



***Talk with your provider or pharmacist if you have any questions about your numbing medicine.***

### Questions?

Your questions are important. Contact your doctor or healthcare provider if you have questions or concerns.

**During Clinic Hours (Monday through Friday except holidays, 8 a.m. to 5 p.m.):**

If you have any questions or concerns, message your surgeon through MyChart. Please include a photo if needed.

You may also call the Center for Reconstructive Surgery at 206.598.1217 option 2.

**Urgent Needs Outside of Clinic Hours:**

If you have an urgent care need after hours, on weekends, or holidays, please call 206.598.6190 and ask to speak to the plastic surgeon on call.