

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.