



If you don't like getting needles from the doctor – you are not alone.

Did you know?

- Up to 22% of adults are needle-phobic.¹
- Pain experienced in children during vaccinations can intensify in future procedures if left untreated.²

Your doctor has recommended using EMLA® to help reduce pain.³⁻⁵

EMLA® is a brand name for topical anesthetic with a special formulation that allows it to penetrate your skin quickly and numb your skin, reducing the amount of pain you may feel during your procedure.

EMLA® can provide comfort

For you

- It helps to reduce anxiety and pain during the procedure.⁵
 - Consider speaking with your doctor about reducing pain whilst undergoing the BOTOX® procedure.⁵
- Peace of mind knowing that your child is protected from pain when undergoing a vaccination.*

For your doctor

- Peace of mind knowing that pain is minimized during the procedure.
- The ability to perform the procedure effectively.⁶

* Vaccination with the following vaccines: MMR (Measles-Mumps-Rubella), DTPP (Diphtheria-Pertussis-Tetanus-Poliiovirus); Haemophilus influenza b or Hepatitis B.³

Cream and patch³

EMLA® is available in two different formats:



Cream



Single-use patch

You can ask your pharmacist for a tube of EMLA® cream or a box of EMLA® patches; a prescription is not required. Your pharmacist will be able to answer any questions you may have regarding the use of EMLA® for yourself or your child.

This leaflet is a summary and does not contain all information related to EMLA®. If you require further guidance on how to use EMLA®, please consult your doctor or pharmacist.

It is important to use EMLA® properly. Improper use of EMLA® can lead to serious and life-threatening side effects.³

Do not apply EMLA® to infants under three months of age unless advised by your doctor.³

EMLA® contains lidocaine 2.5% and prilocaine 2.5%.

References: 1. Wright S et al. Fear of needles - nature and prevalence in general practice. *Aust Fam Physician* 2009;38(3):172-176. 2. McMurtry CM et al. and HELPinKids&Adults Team. *Clin J Pain* 2015;31(10):S3-S11. 3. EMLA® Product Monograph, Aspen Pharmacare. August 8, 2017. 4. Fiala S et al. New insights into eutectic cream skin penetration enhancement. *Int J Pharm.* 2016;499(1-2):403-411 5. Eppley B. Easing Botox Administration With EMLA Cream. *Aesthetic Surg J.* 2004;24:79-8. 6. Bond M et al. First do no harm: pain relief for the peripheral venous cannulation of adults, a systemic review and network meta-analysis. *BMC Anesthesiol.* 2016;16(1):81.

Why endure pain when you can **emla** it?



Applying EMLA® – Follow these simple steps

1 Prepare

Apply EMLA® at least one hour prior to procedure.

Clean and dry the skin area exactly where the procedure will take place.

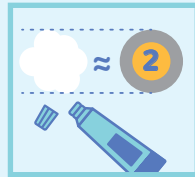


EMLA® cream



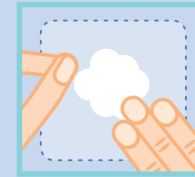
2 Squeeze

Please check the instructions provided in your pack to determine the amount of cream you will need for you or your child's procedure. Squeeze out a thick layer of cream onto your skin. A 2g dose covers an area slightly larger than a two dollar Canadian coin.



3 Cover

If you are using Tegaderm® (supplied with the 5g tube) remove the center cut-out piece. Peel the paper liner from the paper-framed dressing. Next, smooth down the dressing edges carefully to ensure it is secure. You can also use plastic wrap to cover the cream, and hold the dressing in place with adhesive or medical tape to make sure it is air-tight.



4 Record

It's a good idea to write the time you applied the cream on the dressing or patch(es) so that you can remember.



5 Relax

You can leave the dressing and cream or patches on for the doctor to remove unless instructed otherwise. The EMLA® effect will last for up to five hours.

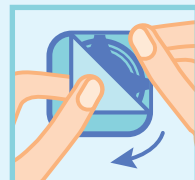


EMLA® patch(es)



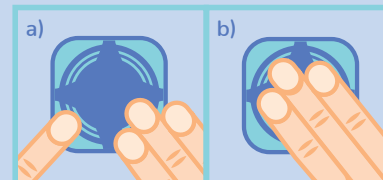
2 Bend & peel

Find the metal flap in the top corner on the back of the patch. Bend back the metal flap and pull to peel the protective layer off the patch. Please avoid touching the white, round pad which contains EMLA®.



3 Stick

Stick the patch(es) onto the area where the procedure will occur. Press firmly only around the edges of the patch(es) to ensure a good adhesion to the skin. Next, press gently on the centre of the patch(es) to ensure that EMLA® comes into contact with the skin. Be careful not to touch any of the cream.



Your skin may look a little white where the cream or patch has been applied. This is expected and your skin will return to normal as the EMLA® effect wears off.



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