

If your child is due to have a procedure involving the insertion of a needle, Emla Cream may lessen the discomfort. Emla Cream is a topical anaesthetic, a cream that numbs the skin and decreases the sensation of pain. Emla Cream must be applied two hours before the procedure to the area that the doctor plans to treat. Before applying Emla Cream, wash the skin in the area that the doctor plans to treat with warm soapy water and a wash cloth. Rub the skin gently for a few minutes with the wash cloth to remove all dirt and oil from the skin. The cream should be applied very thick (about 1\4 inch thick) to the site of the procedure. You also need to apply the cream to the skin 1/2 inch past the area to be treated. Cover the area with saran-wrap being careful not to press on the cream in order for it to remain thick. Secure the edges of saran-wrap with medical tape to avoid leakage. The skin will remain numb for at least one hour after the removal of the saran-wrap.

Amitop is also a cream that numbs the skin but is a short acting one. Amitop is applied beteen 30-45 mins before the procedure.

Emla and Amitop Cream are available without prescription in NZ. Do not use prior to immunisation.