



Department of Otolaryngology / Head and Neck Surgery
Division of Allergic and Environmental Disease

EMLA is a topical numbing medication which may be purchased by prescription at your local pharmacy. The cream contains a mixture of local anesthetics in an oil and water emulsion which, when properly applied and covered by an occlusive dressing (i.e. Saran Wrap) will start producing local anesthesia in approximately one hour and will last for at least two hours. Its use will reduce, if not eliminate, any discomfort associated with allergy skin testing.

It should be appreciated that discomfort associated with the allergy testing done in our office is minimal and that itching is often the most bothersome symptom. We realize, however, that the threshold for discomfort is highly variable from patient to patient, especially in children, and we are happy to offer use of this product when desired.

On occasion, patients have noted some itching discomfort after applying the cream and plastic wrap. This will subside as soon as the wrap is removed in the office prior to testing.

METHOD OF APPLICATION –
NO MORE THAN ONE HOUR BEFORE APPOINTMENT TIME

Patient's Upper Arm: On the outer aspects from shoulder to elbow, apply a thick coating of cream, **but don't rub it in**. Wrap each upper arm loosely with plastic wrap and secure in place so the cream will not rub off on clothing.

Patient's Back (If Instructed): From the top of the shoulder blades down to just above the waist, apply a thick coating of cream, **but don't rub it in**. Wrap the area loosely with plastic wrap and secure in place so the cream will not rub off on clothing.

Please call our office at the number below if you have any questions.

VCUHS - Department of Otolaryngology / Head and Neck Surgery

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