



**EMLA Cream helps numb the skin** before needles are placed in your access. The cream is applied to the skin to decrease pain you may feel.

## How to use

- **Important**—do not use this cream over any open cuts or wounds until fully healed
- Apply cream one (1) hour before your scheduled dialysis (numbing can last up to (3) hours)
  - Before applying, wash your hands and access arm with soap and water, then dry
  - Open cream as directed on package, point the tube and squeeze a small amount onto your access (about the size of a quarter)
  - **Do not rub in**—instead cover cream to increase the numbing effect using either a non-stick dressing or plastic wrap, such as Saran Wrap®, Press ‘N’ Seal®, or a plastic sandwich bag cut open
  - **Do not use gauze or band aids** on cream (they will absorb the cream)
- Secure the dressing with tape, if needed
- Wash hands to remove any cream that may be on them
  - Rinse thoroughly right away if you get cream in your eyes, ears, nose, mouth, or on skin that has open cuts or scrapes

## Questions?

- If you have questions about applying EMLA cream, call your dialysis unit or the Northwest Kidney Centers’ (NKC) pharmacy at (206) 343-4870

## How to order cream from the NKC Pharmacy?

- If you require numbing cream to use before needles are placed, you will need to order from the NKC pharmacy by calling (206) 343-4870
  - Be sure to include your name, birthdate, and dialysis clinic when leaving a message
- For additional refills after you have ordered, you may use one of the following methods:
  - Refill line: (206) 343-4125
  - Website: <https://www.nwkidney.org/refill-a-prescription/>
  - Email: [pharmacy@nwkidney.org](mailto:pharmacy@nwkidney.org)