

**VEIN CENTER OF CENTRAL CONNECTICUT**  
**23 Cedar Street**  
**New Britain, CT 06052**  
**860-229-8346**

**How To Use EMLA CREAM:**

EMLA cream is a topical anesthetic that numbs the skin and decreases the sensation of pain. It is used to lessen the discomfort from medical procedures. ***\*Please notify the doctor if you have any allergies to Lidocaine or Prilocaine\****

- 1 EMLA cream must be applied an hour and a half prior to the procedure
  - Great Saphenous Vein:** Apply to inside of the knee and thigh up to the groin and over any varicose veins.
  - Small Saphenous Vein:** Apply to back of calf from ankle to knee and over any varicose veins.
  - Phlebectomy:** Apply to the varicose veins on the leg to be treated.
- 2 Before applying EMLA cream, wash the skin area to be treated with warm soapy water and a wash cloth. Rinse skin well and pat dry.
- 3 The cream should be applied very thick (about 1/8 inch thick). *Do not rub the cream in, layer it on the skin like “icing on a cake”.*
- 4 Wrap the area with Saran wrap being careful not to press on the cream in order for it to remain thick. We will remove the Saran wrap when you arrive at the office.
- 5 Secure the edges of the Saran wrap with tape to avoid leakage.
- 6 The cream will be wiped off at the office immediately prior to the procedure. The skin will remain numb for at least one hour after the removal of the Saran wrap.

