

Instructions for using Emla cream on Port-A-Cath sites

“Emla” is a prescription numbing cream, which should be applied **about an hour before** we “access” (poke) the Port-A-Cath site.

- Squirt about a teaspoon of Emla on top of the Port-A-Cath. You do NOT have to spread it or rub it in.
- To hold the Emla in place for the next hour or so, we recommend using **Glad Press’n’Seal Wrap** (available at your grocery store): it sticks to skin pretty well but is easy/painless to remove (unlike some medical dressings).
- Cut a piece of Press’n’Seal about 4-5 inches square and place it on top of the Emla cream. The Emla will spread out to form a “puddle” about 1-2 inches across. Tap down the edges of the wrap to help it stick to the skin.
- We will remove the wrap and Emla just prior to accessing the Port.

Be sure to pick up your new prescription for Emla cream. Please note: each tube is good for 6-8 applications.

For more information, call 775-982-3892.