

# ASTHMA & ALLERGY PHYSICIANS OF RHODE ISLAND

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## EMLA Cream

### **Directions for Using EMLA Cream if prescribed for allergy testing:**

- Apply to the outside of your arm from your shoulder to your elbow.
- Apply a generous amount to this area 1 ½ hours before your testing appointment.
- The entire tube of EMLA does not need to be used.
- Wrap your arm from your shoulder to your elbow in saran wrap.

Depending on the allergy test being done, you will be informed on whether the EMLA Cream needs to be applied to one or both of your arms. If you are unsure of these directions, please contact the office directly to review at 401-751-1235.

In a case where you cannot reach the office, please apply to both arms.

***\*Please do not put the EMLA Cream on your back or that of your child's back\****