



Barnmorskemottagningar

Patientinformation: Lokalbedövning med Emla inför insättning och uttag av p-stav, översatt till engelska.

Datum: 2026-01-21

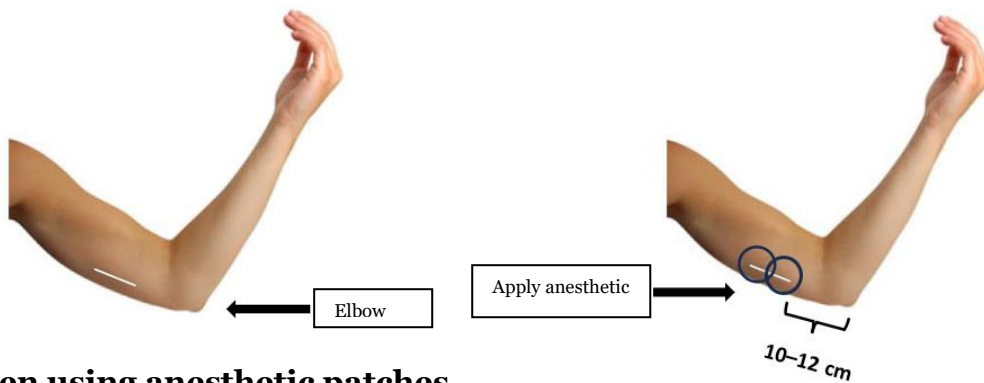
## Local anesthesia for insertion or removal of a contraceptive implant

You can buy anesthetic patches or anesthetic cream (**Emla®** or **Tapin®**) over the counter at the pharmacy. **Apply the anesthetic 2–4 hours before your visit** to get the best effect.

The implant is inserted superficially under the skin on the **inside of your upper arm**. It is placed on the arm you are not writing with (your non-dominant arm).

### Find the correct place for applying the anesthetic

1. Bend your arm at a 90-degree angle
2. Start from the tip of your elbow and measure 10–12 cm up towards your body.
3. The anesthetic patch or cream is applied as shown.
4. If you are going to remove a contraceptive implant, it is important that you feel where your implant is and apply anesthetic over that entire area.



### When using anesthetic patches

Put **two patches** together so that the numbing surface covers the entire area where the implant will be inserted or removed, see picture.



### When using anesthetic cream (tube)

1. Spread **the entire contents of the tube** in an even line over the area.
2. Cover the cream with **a patch** (usually included in the packaging).
3. If necessary, you can also cover the area with **plastic wrap** for additional protection.

**Questions?** Please contact your midwife's office.