

# AFRICAN WOMEN'S CLINIC

## CREAM APPLICATION



the women's  
the royal women's hospital  
victoria australia

### Anaesthetic cream

You will be given anaesthetic cream to put on before the procedure. The cream will make it more comfortable for you to have a local anaesthetic. A local anaesthetic is an injection which is given in the area where we are going to cut. The cream will numb the area and the local anaesthetic will numb the area further.

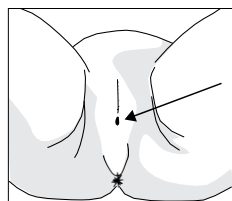
You may apply this cream at home if you choose. If you want a nurse to apply it for you, she will do this at the beginning of the appointment, before your procedure. Please bring the cream with you to your appointment.

Before you apply the cream make sure the area is clean and dry, you may shave or wax the area if you want.

### What to do before you come to your appointment

**One hour before you come to your appointment to have the procedure:**

- apply a thick layer of cream to the outside and inside of the vagina where the scar is



- put the plastic dressing that we gave you at your first appointment over the top
- the dressing and cream will be removed before the procedure.

If you feel any stinging or burning sensations, wash the cream off with warm soapy water. Tell the nurse about the stinging and burning when you arrive for your appointment.

If you have any concerns, or you are not sure where to apply the cream the nurse will answer your questions.

### Clinic contact details

The FARREP workers are available  
Monday to Friday, 9am to 5pm

T: (03) 8345 3058

E: farrep.program@thewomens.org.au

F: (03) 8345 3053

Or contact the FARREP worker at your local community health centre.

Search our website for more information:  
[www.thewomens.org.au/healthinformation](http://www.thewomens.org.au/healthinformation)