

Reducing Hurt During Needle Procedures

Procedures, especially those involving a needle or poke, can be stressful for children or teenagers.

Helpful Tips:

- Caregiver's calm and attentive presence both before, during, and after needle procedures.
- Being honest about needle procedures.
- Giving reasonable choice to give child a sense of control.
- Sitting in a position of comfort, upright in caregiver's arms, or with caregiver next to them.
- Please gently keep infants' and childrens' hands away from the poke site. The staff can assist you in positioning.
- Babies can be swaddled and held.
- Provide distraction and validation of feelings.

Specifically Helping with the Hurt

Young infants established in breastfeeding can begin breastfeeding 2-5 minutes prior to the needle procedure, continue during the poke, and after for comfort as infant desires. This is especially helpful during vaccines.



24% Sucrose

Concentrated sugar water (sucrose) acts as a pain reducer during infancy and can be given orally with a pacifier, syringe, or on a finger. A dose should be given 1-2 minutes prior to the procedure and a partial dose can be given at the beginning of the procedure.



Buzzy the Bee

Buzzy the Bee or Lady Buzz can be used for pre-school and older children. It combines vibration and cold at the poke site to lessen the hurt.



Shot Blocker

Shot Blocker saturates the sensory signals around the poke site distracting from the hurt signals associated with needle procedures. It is helpful for some pre-school and older children.



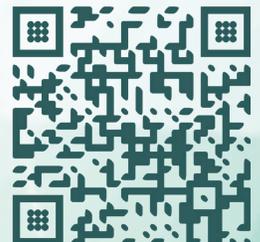
Cold Spray (numbing)

It can be helpful for some older children.



4% Lidocaine (numbing)

Can be used for 3 months and older.
*see back for additional instructions



Scan to view video on how to help your child during medical procedures.

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4% Lidocaine (numbing)

- For children 3 months and older with **supervision**.
- 4% Lidocaine cream applied to the child's skin is available over the counter, or by prescription from providers.
- Do not apply to skin that is cut, scraped, red, swollen, or sore. There is no need to wash skin prior to application.
- Apply a thick layer (do not rub in) about 2 stacked pennies worth for infants and a quarter size for older children at the sites of the anticipated poke.
- Cover with a clear non-absorbing dressing such as tegaderm, plastic wrap, non-absorbent bandaid or press and seal.
- With Tegaderm, fold small portion of diagonal corners under for easier removal. *see photo F
- Do not allow child to put the cream or plastic covering in their mouth as it presents a choking hazard.
- Infants and young children should be watched continually.
- 4% lidocaine cream should be applied 20-60 minutes prior to needle procedures.
- Consider applying before coming to office for immunizations or lab draws. *see photo E

For flu vaccines, lidocaine cream can be applied on middle thigh for children 5 and up. *see photo A
Lidocaine cream can be applied on upper arm for children 4 and under. *see photo B

A



middle thigh

B



upper arm
deltoid muscle

Three examples of 4% lidocaine cream available over the counter.
Do not use if child is allergic to product contents.

