



Comfort for Needle Procedures



Health care procedures, especially when we use a needle, can be stressful for children and teens.

We want children to:

- Have a sense of control.
- Be a part of their own care.
- Cope with future health care events.
- Have a better overall experience.

• How do you put it on?

- ~ In a thick layer, put a quarter to half dollar size blob of cream on the site(s). Do not rub in.
- ~ Cover the cream with Tegaderm or plastic wrap.
- ~ Leave the cream on until right before the procedure.

Things we can do to help children with needle procedures:

Numb the Skin

We have special medication we can put on your child's skin to help them not feel the needle poke as much.

• What is it?

Lidocaine cream is a numbing cream that can be applied to your child's skin. You don't have to have a prescription for lidocaine cream. Do not use if your child has an allergy to lidocaine.

• When to use:

- ~ Lidocaine cream must be applied 30-60 minutes before needle procedures.
- ~ Do not apply more than 3 times in a 24-hour period.

• Where do you put it?

- ~ You can put the cream on more than one spot.
- ~ Talk with staff about the best places to put the cream.
- ~ Do not apply it to skin that is cut, scraped, red, swollen or sore.



Numb the Skin (continued)

- Where can I purchase 4% Lidocaine cream?



CM Outpatient Pharmacy

0.52 oz. (\$16)



Equate (Walmart Brand)

2.7 oz. max strength (\$4.98)

4 oz. ultra strength (\$3.84)



Aspercreme

2.7 oz. (\$6.50-10)

4.7 oz. (\$10-13)



Goldbond

1.75 oz. (\$7-11)

Comfort Positions

- Letting children sit up during a procedure comforts them and gives them a sense of control.
- You, another caregiver, or a staff member can hold your child during the procedure.
- This allows your child to be comforted while also helping them be still and safe during their procedure.
- Babies can be swaddled and held.

Distraction

- You can distract your child by helping them focus on something other than the procedure. Some ideas:
 - ~ Help your child look at books, rattles, toys, a phone, or tablet.
 - ~ Play counting games or "I Spy."
 - ~ Sing or listen to music.
 - ~ Help your child take deep breaths.

Other Tips

- Be honest. Surprising children with a vaccination or other needle procedure(s) can make their anxiety about needle procedures much worse! Being honest gives you and your child time to prepare, plan and recover.
- Don't focus on the pain. Make plans that include how your child will sit and what might distract them best.
 - ~ Learn more about our Comfort Promise at [childrensmercy.org/comfortpromise](https://www.childrensmercy.org/comfortpromise).

Sucrose (sugar water)

- Sucrose helps ease pain for babies who are newborn to 1 ½ years old.
- Babies should get sucrose 2-3 minutes before a procedure and throughout the procedure.
- Sucrose can be given on a pacifier, in a syringe or on a finger.

Breastfeeding

- When you breastfeed during a needle procedure, it helps your baby feel less pain.
- You should begin breastfeeding 2-5 minutes before a procedure.
- Continue throughout the procedure.
- If your child unlatches, gently reposition and continue when your baby is ready.

Learn more about the Comfort Promise



Children's Mercy
KANSAS CITY