

At Southdale Pediatrics, our entire staff is committed to working with you to give your family the best health care possible. We understand that vaccinations and blood draws can be scary and painful for all children and we would like to do our best to make these experiences easier and less painful for your child. Please find some solutions below!

DISTRACTION TECHNIQUES

We encourage parents to bring favorite books or toys from home for your child to enjoy. There are some devices such as the "Buzzy" or "Shot Blocker" that can be purchased by parents and brought to each appointment for individual use.

Please see the following websites to view and/or purchase these items.

<https://buzzyhelps.com> "Buzzy"

<https://www.bionix.com/healthathome/product/shotblocker/> "Shot Blocker"

24% SUCROSE (Sweetums) For children \leq 12 months of age.

24% sucrose is not a medicine, but is another name for sugar water. When given to babies 12 months or younger it has been shown to provide pain relief. Please ask our nurses for sucrose before your child's procedure. It works best when given 1-2 minutes before the actual needle poke. Sucrose should be given by dipping a pacifier in the solution or squirting the solution into the baby's cheek

ANESTHETIC CREAM (4% LIDOCAINE CREAM) For children $>$ 1 month of age.

4% Lidocaine cream is a numbing medicine which can be obtained by parents over the counter under brand names such as Aspercreme, LMX4 etc.

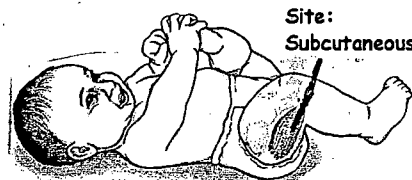
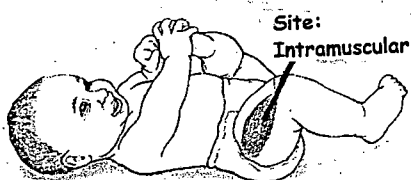
- Put cream onto the skin or vaccine site before the procedure (see diagrams below). The cream needs to be in place for at least 20-30 minutes to take effect.
- A child less than 22 pounds should have a dime sized spot of cream and a child greater than 22 pounds should have a quarter sized spot of cream.
- Cover the area with plastic wrap.

Please note: 4% Lidocaine cream can occasionally cause temporary whitening of the skin, redness or itching of the skin.

Infant/Toddler Intramuscular or Subcutaneous shot: Age 1 month - 36 months

If 2 vaccines or more, both legs needed.

Subcutaneous site is for Varivax and MMR; if both Varivax and MMR being administered, use separate legs



Child/Adult Intramuscular or Subcutaneous shot: Age 3 years - Adult

If 2 vaccines or more; both arms are needed.

Subcutaneous site is for MMR, Varivax and Polio (IPV); if both Varivax and MMR being administered, use separate arms

