



## Indications

- The Comfort Zone is a bundle of four strategies that have been shown to decrease pain and distress associated with needle procedures when used together:
  - **Comfort positioning** (kangaroo care, bundling for those up to 6 months of age, or facilitated tucking in the premature infant that cannot be bundled)
  - **Direct breastfeeding or sucrose administration** (\*\*Note: breastmilk alone, without the skin to skin contact, does NOT act as a replacement for sucrose)
  - **Distraction** (Eg. pacifier, music, talking to baby gently, patting or stroking baby)
  - **Topical anesthetic (Lidocaine 4% cream)**

## Key points

- All needle procedures are included, but indications for each strategy may differ depending on procedure (see table below).
- Contraindications for lidocaine 4% include allergy to lidocaine and urgent procedure (eg. Stat IV)

Procedure	Recommended Pain Management
Heel Prick	<ul style="list-style-type: none"> <li>● Breastfeeding OR pacifier + sucrose 24%</li> <li>● Comfort positioning</li> <li>● Distraction</li> </ul>
Injection (SC or IM)	<ul style="list-style-type: none"> <li>● Topical anesthetic (lidocaine 4%), covered with Tegaderm, 20-30 minutes prior to procedure start (refer to lexicomp or Lidocaine protocol for dosing)</li> <li>● Breastfeeding OR pacifier + sucrose 24%</li> <li>● Comfort positioning</li> <li>● Distraction</li> </ul>
Lumbar Puncture	<ul style="list-style-type: none"> <li>● Topical anesthetic (lidocaine 4%), covered with Tegaderm, 20-30 minutes prior to procedure start (refer to Lexicomp or Lidocaine protocol for dosing)</li> <li>● Breastfeeding OR pacifier + sucrose 24%</li> <li>● Distraction</li> </ul>
Venipuncture/ IV insertion	<ul style="list-style-type: none"> <li>● Topical anesthetic (lidocaine 4%), covered with Tegaderm, 20-30 minutes prior to procedure start (refer to Lexicomp or Lidocaine protocol for dosing)</li> <li>● Breastfeeding OR pacifier + sucrose 24%</li> <li>● Comfort positioning (swaddling)</li> <li>● Distraction</li> </ul>