

The **4** Non-Negotiables for Painful Procedures:



1. ALWAYS offer Topical Anesthetics:

- **L- MAX 4% cream – No Doctor order needed.**
- **J-Tip - No Doctor order needed.**
- **Cold Spray**
- **Shot Blocker**

2. Comfort Positioning:

3. Age Appropriate Distraction

4. Sucrose on Infants 0 -12 months of age in addition to a topical