

# Comfort Promise

Every team member at Inova Children's promises to do everything in our power to minimize pain during procedures (such as immunizations, lab draws and IV starts). We will do this by offering these options:

- Age-appropriate procedure support and use of a coping plan
- Techniques to numb the skin or block the pain signal, including topical numbing cream (*when we have at least 30 minutes notice*) as well as cold spray, Buzzy® or ShotBlocker® for instant effect
- Sucrose or breastfeeding, for infants up to 18 months
- Comfort positioning, for any age

*\* Please note that while we may not be able to prevent discomfort during every situation, every team member is working as hard as possible to maximize comfort and safety.*



G38667/11-21/PDF