

Comfort Measures for Infant Procedures

The following are recommendations you can advocate for, facilitate on your own, or ask from a medical provider before a procedure begins.



Heel Pricks

- Skin-to-skin
- Facilitated Tucking by Parent (FTP)
- Breastfeed during
- Sucrose drops
- Sing/play lullaby



Circumcision

- Rest head next to baby's head so they can smell and hear you
- Sucrose drops
- Soothing sensory stimulation (sing, shush, vibration pad under back, warm sensations on chest above procedure site)



Vaccines

- Swaddle with one leg/arm out
- Sucrose drops
- Breastfeed during
- Hold baby side to chest
- Sing/play lullaby
- Buzzy Bee or vibration above vaccination site



Frenotomy

- Swaddle
- Gently rub baby's forehead in an upward motion
- Frozen breastmilk can numb and soothe post-procedure
- Soothing sensory stimulation (sing, shush, vibration pad under back)



Eye drops

- Try to do while baby is sleeping
- Put drop in inner corner of eye and let it slowly soak in between lids
- If awake, softly blowing on your baby's face will make them blink the solution into their eye

