

POKE PLAN

AGES 4+



Silence the Poke Signal!

(Circle your choices)

1) When would you like the pokes done?



**START OF
VISIT**

OR

**END OF
VISIT**



2) How would you like to Distract your Brain?



WATCH A VIDEO



LISTEN TO MUSIC

3) How would you like to Block the Poke Signal?



BUZZY BEE



SHOT BLOCKER



DEEP BREATHS



**NUMBING CREAM
(SEE BELOW)**

APPLY AT HOME

Numbing cream

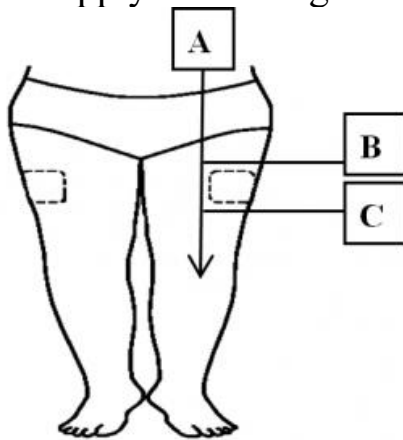
When, where and how should I apply?

When should I apply?

Approximately 30 min prior to visit. Leave it on until it is time for the poke>

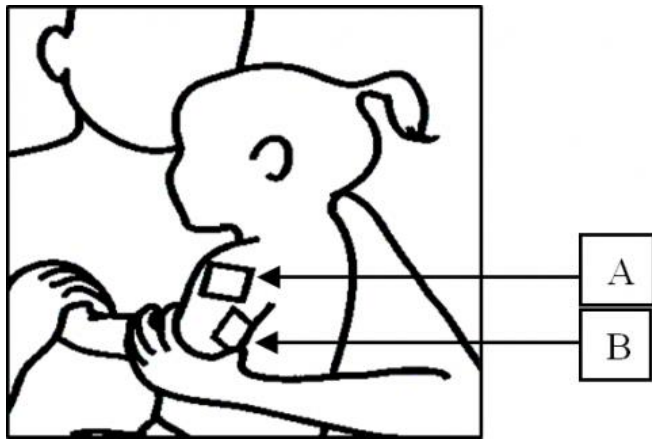
Where should I apply?

Child under 5 years old – Apply to both legs



1. Lay your child down facing you.
2. Draw an imaginary line down the middle of the front of one of your child's legs, from the hip to the knee (line A).
3. Next divide the upper leg into 3 equal sections (lines B & C). Apply the cream or patch to the middle outer section of the leg.

Child older than 5 years – Apply to both arms



How should I apply?

Step 1: We recommend over the counter LMX numbing cream

Step 2: Gather supplies – Numbing cream, tegederm or plastic wrap

Step 3: Do not clean skin first (Natural oils help with absorption). Apply a small amount and rub in completely

Step 4: On top of that apply a large glob and DO NOT rub in.

Step 5: Cover with tegederm or plastic wrap

Numbing cream video: https://www.youtube.com/watch?v=YrnSUJWU_30