

# Comfort Commitment: Vapocoolant Use Guide

Vapocoolants are topical skin refrigerants for patients receiving needlestick procedures. Best for use with children 5 years and older, though can be used with children 4 years and younger after consulting with pediatrician.

## Overview:

- Located on unit supply carts.
- Ensure you have all materials needed for the procedure.
- Prepare the site per protocol.
- Hold can upright, 3-7 inches from the procedure site.
- Spray directly onto one spot until the skin turns white (no longer than 10 seconds).
- Perform needlestick without any additional cleaning or waiting.
- The anesthetic effect lasts up to one minute. Re-apply as needed.

## When introducing to patients:

- Explain how the temporary cold effect works to block the pain from the injection.
- Continue using additional comfort measures: positioning, refocusing, and environmental considerations.

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**Order through Medline with code:** 154348 (1 oz can)

**Product information:** [gebauer.com/painease](http://gebauer.com/painease)

**Website:** <http://ucdavis.health/comfort>

