

PROPER PUNCTURE SITE FOR NEWBORN HEEL STICK

*Insert your
logo here if
applicable*



- ❑ Warm or massage heel to increase blood flow to the site to increase flow of blood
- ❑ Stick infant heel in designated area as clearly shown on left avoiding plantar nerves as depicted on right
- ❑ Wipe away the first drop of blood with sterile gauze
- ❑ Avoid using excessive pressure or massaging to produce blood because the blood may become diluted with tissue fluid

