



7 Secrets for Shots

Here are 7 quick tips that can decrease injection pain and improve compliance with necessary medical treatments.

- 1) Distract the nerves.** Use the ice pack and Buzzy® on a site for 30-60 seconds to help numb the area before the shot. Slide Buzzy® proximal (toward the head) to the site, then immediately give the shot. If the medication stings, rub Buzzy® on the site afterwards.
- 2) Relax the muscles.** Pushing medication into taut muscles makes it hurt more, at the time and after the injection. Even passively stretched muscles hurt. Rather than bending over for a gluteal injection, try lying on your side with the buttocks muscles relaxed. Same thing for thigh shots: sitting up causes the muscles to be active, keeping you balanced. Try using a side position.
- 3) Distract your mind.** Counting and finding tasks can reduce pain by half. At a minimum, count corners, count ceiling tiles, count holes in an air grate. For more sophisticated tasks, bring DistrACTION® cards, decorate with DistrACTION® posters, or use a find & seek book.

Buzzy
DRUG FREE PAIN RELIEF®

**Proven • Reusable
Works on Contact**



IV Starts



Shots



Finger Sticks

DistrACTION
Engage Your Mind



BuzzyHelps.com

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(Continued from front)

4) Distract your senses. The brain can only process so much at one time. Stimulate taste or smell to decrease pain. For example, immediately before a shot, guess the flavor of a cold and sweet mystery drink, a stick of gum, or breathe deeply from a lavender or mint sachet.

5) Topical Anesthetics. L.M.X.4[®] is over-the-counter, and works in 30 minutes to dull the first stick. Try using plastic cling wrap to hold L.M.X.4[®] in place; it pulls off painlessly!

6) Blow! Blowing out physiologically calms nerves and reduces pain. For added fun, set up a pinwheel, bubbles, or grab a kazoo.

7) Focus on something you can control. Whether you're pinching your own finger, or thinking about the health or life benefits of the shot, concentrate on that thought, action, or sensation.

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