

# 7 Secrets for Shots

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

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[buzzy4shots.com](http://buzzy4shots.com)

**1. Distract the nerves.** Using Buzzy's initial ice pack on a site for 30-60 seconds to help numb the tissue. For the moment of truth, get a fresh pack of ice wings and slide Buzzy proximal to the site, then give the shot. Rub Buzzy on the site afterwards if the medication stings.

**2. Relax the muscles.** Pushing medication into taut muscles makes it hurt more, now and later. Even passively stretched muscles hurt, so rather than bending over and going for a gluteal stick, 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. Go for 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 or have your office buy posters, or use a seek/find book. Where IS Waldo, really?



**4. Distract your senses.** The brain can only process so much at one time. Buy 5 packs of sugar-free gum, mix the sticks and pick one at random to figure out the flavor. Drink a slug of a cold, sweet beverage. Taste and smell are great senses to counter paying attention to pain.

**5. Topical anesthetics.** LMX-4® is over the counter, and works in 30 minutes. Apply below Glad Press-N-Seal for painless removal: It won't go deep, but dulls that first stick.

**6. Blow!** There are lots of other jobs you can do to take your mind off of pain, but blowing out physiologically calms and reduces pain. For added fun, set up a pinwheel, bubbles or grab a kazoo.

**7. Focus on something you do control.** Whether you're pinching your own finger, or thinking about the health or life benefits of the shot, concentrate on that. Fertility shots, for example, can have an adorable pay-off.