

Reccomendations for reducing vaccine pain

>1 hour

1/2 to 1 hour

1 to 2 minutes

Strategies at time of needle procedure

Procedural strategies

- No aspiration
- Most painful last
- Fast injection

Physical strategies

- Positioning (sitting upright)
- Relax arm
- Tense large muscles or lie down (if history of fainting)

Infant strategies

- Breastfeeding
- Sweet solutions
- Non-nutritive sucking

Psychological strategies

Distraction (e.g., talk to someone, listen to music) Interaction:

- DO use neutral words to signal the impending procedure
- DON'T use repeated reassurance or suggest it will not hurt

Pharmacological strategies

Topical anesthetics (liposomal lidocane, amethocaine or lidocaine-prilocaine 20 to 60 minutes before injection*)

*Check product monograph

Process strategies

Education for providers and individuals

High needle fear strategies

Exposure-based therapy from trained professional such as a psychologist

















