



## What to Expect During the Diagnosis and Treatment Process of Spine and Pain Conditions

For most people, the decision to see an Interventional Pain Anesthesiologist for spine and pain conditions is full of hope. Some patients may be a little apprehensive after years of pain, but knowing what to expect can help alleviate fear and adjust expectations.

Our goal over the course of your treatment is to listen intently, pinpoint pain precisely, and then provide a targeted treatment plan for your pain.

### Your First Consultation

Depending on the nature of your condition, some appointments may last longer than most office visits. Our highly personalized approach requires giving you adequate time and attention to help us understand the type of pain condition you're struggling with.

During the initial appointment, a pain assessment will be performed including questions about your medical history, current prescriptions, pain patterns, and any other specific causes for concern. Depending on your symptoms and type of pain, you may expect orders for additional imaging studies or physical therapy. Some patients may receive treatment during their first visit for conditions such as joint pain. For your own safety and to help us make a precise diagnosis, we ask each patient to be as thorough and detailed as possible.

Wear comfortable clothes that do not restrict your motion in case we need to test your skeletal and muscular abilities. Please bring any recent medical records, MRIs, CT scans, X-Rays, or EMG reports that you have in your possession to your first appointment, as well as your insurance card. Patients will also be responsible for paying their insurance co-

payments and deductibles if covered by an insurance plan. If patients are paying themselves, our staff can provide an estimate in advance.

## **Precision Diagnostics Take Time**

The results of your first consultation will rule out certain conditions, and give us a good indication of the possible sources of your pain. It may be necessary to schedule further tests to provide detailed images of your spine to pinpoint the specific source of pain. This will enable us to precisely identify the specific location of pain and most effective treatment.

A visit to Precision Pain Care may take longer than what you usually experience at other doctor's offices because our team takes the appropriate time and attention to accurately diagnose and treat every patient's condition. We understand patients are anxious for a solution, and we ensure our time and efforts will produce quality outcomes with adequate and effective course of treatment.

## **Further Diagnostic Testing**

Depending on what we discover during your consultation it may be necessary for you to undergo further tests to help us narrow down the possible sources of your pain, better understand your condition or injury, learn why you're in pain, make a precise diagnosis, and prescribe an effective treatment regimen.

## **A Precision Diagnosis**

Once we're ready to give you an accurate diagnosis, we will outline the various treatment options available, and elect the ones the provider believes will work best for your condition.

## **The Next Step – Spine and Pain Procedures**

Treatment is a collaborative process. We will work with you to plan the best, most comfortable way to get you back to enjoying life. At Precision Pain Care, we specialize in spine and pain procedures to diagnose and treat pain at the source. Some patients may respond well to rest, physical therapy or other conservative treatments. Other patients may need a minimally invasive procedure at the source of pain. If your diagnosis requires a spine and pain procedure, we may combine therapies to effectively treat each problem. Depending on the kind of treatment the patient receives, our team can determine how often treatment is necessary. If you have sedation during your pain treatment, you will be

required to have a ride home. Talk with your Precision Pain Care physician about potential side effects and the ability to return to work. Typically, a patient can return to work the following day after a pain procedure.. However, if your job requires tough manual labor, more recovery time may be recommended.

## **Follow-Up**

You may experience some post-procedural pain at your treatment site, which normally resolves itself quickly. Use ice intermittently or over-the-counter medications such as ibuprofen or acetaminophen as needed.

Most patients experience immediate reduction in their pain. However, some patients do experience minimal discomfort at the injection site. The Precision Pain Care staff works with you (and alongside the referring physician, if there is one) to alleviate your pain, and get you back to your normal activities. To minimize the risk of re-injury and/or increased pain, please be diligent with your treatment, and keep us informed of any changes that could impact your condition.

## **Invest in Your Health**

For people suffering from debilitating spine and pain conditions, a visit to our office should be a priority to contribute to your future health and wellness.

Untreated spine and pain conditions can lead to a host of health problems including anxiety and depression, appetite loss, decreased mobility, high blood pressure, gastrointestinal problems, muscle fatigue and spasms, sleep difficulties, and a weakened immune system.

Precision Pain Care's thorough diagnosis and treatment approach is a collaborative one, ensuring the most effective treatment options. Rather than simply prescribing pain medication, our Interventional Pain Anesthesiologist will identify the root cause of your pain through a precise diagnosis and personalized treatment plan.

Our commitment is to our patients. Let our compassionate and dedicated team take care of your pain condition and help you get your life back.

Call 615-223-6200 or email us at [info@precisionpaincare.com](mailto:info@precisionpaincare.com) to schedule an appointment.