

We Can Assist With A Variety Of Medical Conditions Including:

- Failed Back Surgery
- Bulging/Herniated Disc
- Muscle Pain
- Neck and Back Pain
- Scar Tissue
- Knee Pain
- Cancer Pain
- Shingles
- Sciatica
- Arthritis
- Neuropathic (Nerve) Pain
- Bursitis & Tendonitis
- Complex Regional Pain Syndromes
- Spinal Stenosis
- Chronic Migraines
- Spasmodic Torticollis
- Auto & Work Related Injuries (with proper paper work)

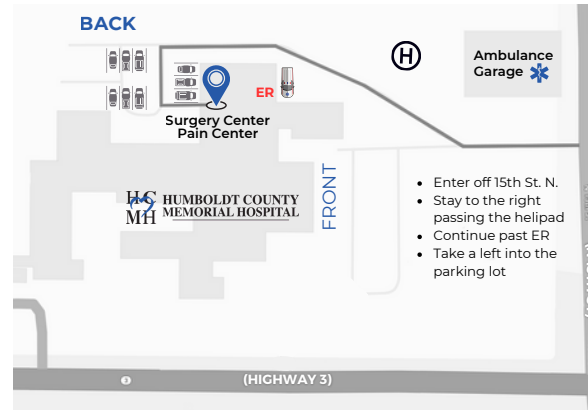
Minimally Invasive Interventional Pain Management Procedures Offered:

- Transforaminal Epidural Injections
- Selective Nerve Root Block
- Intra-articular Injection (Knee, Hip, Shoulder)
- Cervical Thoracic/Lumbar Epidurals
- Cervical Thoracic/Lumbar Facet Blocks
- Medial Branch Blocks
- Greater Occipital Nerve Blocks
- Sacroiliac Joint Injections
- Suprascapular & Intercostal Nerve Blocks
- Small to Large Joint Injections
- Sympathetic Nerve Blocks
- Radiofrequency Ablations
- Botox for Chronic Migraines
- Trigger Point Injections
- Botox for Torticollis

Appointment Date:_____

Appointment Time:_____

Physician:_____



Park in **BACK** of Hospital to reach the **Surgery/Pain Center** entrance.

Contact Us For More Info



515-332-7669



Fax: 515-332-7650



humboldthospital.org



1000 15th St. N. Humboldt, IA



Pain Management

Morgan Lyons, DNP, ARNP
Richard Kilgore, CRNA

This brochure contains answers to the questions that most patients ask, however, if you have other questions please ask any of our caring staff.

Office Visits & Procedures

- Referrals are not required but highly recommended. If you have been seen by another provider regarding your concerns, please have the information faxed so we can provide the best care possible.
- We perform the majority of our procedures in an outpatient setting within the surgery/pain department.
- All patients are seen on an appointment only basis. We try to see all patients on time and request you extend the same courtesy to us.
- **If you cannot keep your appointment**, please call and notify our staff at least 24 hours in advance.
- HCMH Pain Clinic has a 7-minute late arrival policy. If you show up past this time you will be asked to reschedule your appointment.

Questions?

- We encourage you to call with any questions you may have concerning your health problems.
- Please keep in mind if we are with a patient our staff is able to answer most questions. If your call requires the Dr. speak to you, please leave a message and the Dr. (or representative) will return your call at the earliest opportunity.

Medication Refill Guidelines

Medications will be prescribed for an appropriate amount of time. You must take medications as prescribed, and prescriptions **WILL NOT** be refilled early.

- Lost or stolen medications will not be refilled.

Request for medication refills must be called into the office or pharmacy **one week PRIOR** to the last dose.

- Refill requests can be made:
 - Monday-Thursday: 8AM-3PM
- (Allow 2-3 business days after request has been sent)
- Do not call after hours to request a medication refill.
- Please note prescriptions will not be refilled Saturday-Sunday or over holidays.

Our office is closed on holidays, weekends and we do not have access to your chart.

Insurance Questions

Most procedures/injections require prior authorization through your insurance. Please allow 14-21 business days to be completed.

- Staff work diligently to get information processed quickly.
- If you have any insurance changes please notify us immediately. If you do not, and new insurance requires prior authorization you will be asked to reschedule, or you will be provided with an estimate of cost you will be responsible for out of pocket.

Day of Procedure:

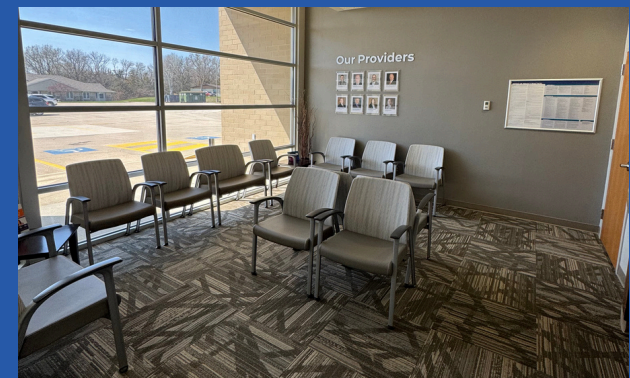
Usually, a light meal a few hours before the procedure is ok. (Instructions will be reviewed via phone prior to your appointment at the surgery center.)

- You may take your medications the morning of the procedure.
- Avoid blood thinners and aspirin products for a predetermined time informed to you by office staff and approved by your prescribing physician, prior to procedure.
- You may be told you'll need a driver.
- **Please arrive on time** to your procedure and call immediately with any delays.
- Bring your current insurance cards.

Post-Procedure:

The physician will instruct you on approved activities. You should be able to go back to normal activities the next day. If you have restrictions from your primary care doctor, you may return to those restrictions.

- Depending on the procedure, it may take from 2 to 14 days for the medications to reduce your pain.
- Pain department staff will be calling you to follow-up.



Emergency Situations

CALL 911 OR GO TO THE NEAREST ER