



**THE PAIN CENTER**  
At FirstChoice HealthCare, P.C.  
[www.ThePainCenterFCHC.Com](http://www.ThePainCenterFCHC.Com)

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**What To Expect:** Patient Guide & Instructions (*About your visit to The Pain Center FCHC*)

Your doctor has referred you to The Pain Center at FirstChoice Healthcare, P.C. to aid in your recovery from pain and discomfort. We encourage you to ask questions and let us know if you have any special needs. It is our goal to make your visit as stress free and comfortable as possible.

**Appointments**

Your appointment date will be noted on The Pain Center FCHC Referral Form. Should you have a conflict with this date and time, please call our office at least 24 hours before your scheduled visit to reschedule. Please arrive 15 minutes before your scheduled appointment. When you arrive at the office you will be asked to fill out standard paperwork and also asked for a picture ID.

**Insurance**

Information on any insurance you may wish to file should be presented at that time. If you do not have insurance, a payment plan may be worked out. If you have questions regarding finances/insurance please call our billing department.

**Medications, Reports & Examinations**

Please bring any medications that you are currently taking. You will also need to bring any diagnostic imaging reports such as MRI's, CT or X-rays that have been performed. When you meet with your doctor, he/she will conduct a thorough examination. Once the examination is finished, the doctor will then make recommendations for your course of treatment. We have a state of the art facility and procedure suite to handle your needs and we look forward to helping you resume a comfortable lifestyle.

**Before Your Procedure**

Shower or bathe the night before or morning of the procedure. Braid or tie back long hair. Notify your doctor if you have any changes in your health before the date of your procedure. Report signs and symptoms such as fever, sore throat, or other infection, rash, scab, or wound near the injection site, breathing difficulties, or chest pain. Your procedure may be postponed. If you are taking blood thinners (Plavix, Coumadin, etc.) please let the physician know. Your dosage may be changed for a short time before your procedure is completed. Continue taking your regular medications unless otherwise instructed by your physician. You must arrange for a responsible adult to drive you home unless instructed otherwise by our physician. Wear comfortable, loose fitting clothing. A gown will be provided for you by our staff.

If you need to contact us with an important question not covered in this guide, please call us.