

## Pain Procedures Performed

- Cervical and Lumbar Diagnosis and Discography
- Cervical and Thoracic Epidurals
- Lumbar Epidurals
- Cervical and Lumbar Facet Blocks
- Greater Occipital Nerve Blocks
- Sacroiliac Joint Injections
- Stellate Ganglion
- Suprascapular and Intercostal Nerve
- Small to Large Joint Injections
- Transforaminal and Sympathetic Nerve Blocks
- Radio Frequency Ablations
- Implantation of Epidural Catheters
- Spinal Cord Stimulators
- Peripheral Neuropathy

## Clinic Information



## Patient Information

# Pain Management



5950 University Avenue | Suite 280  
West Des Moines, IA 50266

Office Hours  
Monday – Friday  
7:30am – 4pm

**515-875-9902**

For the latest information visit  
[www.iowaclinic.com](http://www.iowaclinic.com)



# The Iowa Clinic Pain Management Department



## Office Visits & Procedures

We see all patients on an appointment basis, and ask that you call in advance so that we may reserve a time for you.

Prior to being seen at our office, we will need a MRI of the patient and all medical records.

If you cannot keep an appointment, please call the office to notify us immediately. We ask that you try to give 24 hours notice so that the time may be given to another patient.

## Telephone Calls

We encourage you to call with any questions you may have concerning your health problems.

## Medication Refill Guidelines

Medication will be prescribed for an appropriate amount of time. You must take medications as prescribed. Prescriptions WILL NOT be refilled early, and lost or stolen medications will not be refilled.

When it is time to refill your medication please contact your pharmacy a week prior to your last dose. Your pharmacy will then fax our office a request for your refill.

- If you do need to contact our office regarding your prescription please know that we do not refill prescriptions after hours.

### TIMES TO CALL:

Monday – Friday | 8am – 4pm

## Day of Office Procedure

- In most cases, you may eat a light meal a few hours before the procedure.
- If you have sedation, you will need to make arrangements to have an adult driver pick you up after the procedure.
- You may take your medications the morning of the procedure.
- Avoid aspirin products and blood thinner for 5 days prior to the procedure.
- Avoid Plavix for 10 days prior to procedure.
- Arrival time is to be approximately 15 minutes prior to the procedure.
- Bring all of your current insurance cards.
- Co-payments will be collected at the time of service.

## Post Procedure

The physician or nurse will instruct you on your activities once the procedure is completed.

In most cases, rest the day of the procedure and you should be able to go back to normal activities the following day. If you have restrictions from your primary care doctor you may return to those restrictions. Depending on the procedure, it may take from 1 to 7 days for the medications to reduce your pain.

## Call the Doctor If You Develop

- Persistent nausea and vomiting.
- A fever over 101 degrees.
- Any bleeding or unexpected drainage from procedure site.
- Pain not relieved by medication.
- After spinal/epidural, a headache not relieved by Tylenol or similar non-aspirin medications.



### Meet Our Pain Management Specialist

#### THOMAS HANSEN, M.D.

UNDERGRADUATE  
University of Iowa

MEDICAL, RESIDENCY, FELLOWSHIP  
University of Iowa

BOARD CERTIFICATION(S)  
Anesthesiology Pain Management