

Pain Medicine Clinic

Important things to know for your visit

We partner with you and your child to prevent and relieve pain as completely as possible.

The Pain Medicine Clinic offers a team approach to assess and treat pain problems. To learn about the physical, emotional and behavioral aspects of your child's pain, we start with a complete evaluation. The evaluation includes a series of appointments in one day.

What do I need to do before the evaluation?

Fill out the 2 questionnaires we have included. This will help us better prepare for your visit. One is for your child to complete and the other is for you. It is important you fill them out separately.

Please return them to us **1 week before** your child's appointment. You can:

- Fax: 206-985-3384
- Email: PainForm@seattlechildrens.org
- Mail: (call 206-987-1520, option 1, to request a stamped envelope)
Pain Medicine Clinic
MS MB.11.500.3
PO Box 5371
Seattle, WA 98145-5005

Please try to send them in using the ways listed above. If you cannot, please bring them to the appointment.

On the day of your child's evaluation

- Arrive at least 15 minutes early to register. If you are more than 15 minutes late, we will need to cancel the entire evaluation, which includes the entire series of appointments for the day.
 - Dress your child in **exercise clothes and athletic shoes**.
 - Your child's evaluation will take 5 to 6 hours. This will include 1 hour with the pain medicine doctor, 1 hour with a pain psychologist and, in most cases, a physical therapist. Your child will then have a break while the team works together to make a specific treatment plan. This plan will be shared with you during a feedback session, which is the last appointment of the day.
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Who will see my child?

Our team includes anesthesiologists, pediatricians, nurses, physical therapists, occupational therapists, and psychologists. We specialize in pain prevention and treatment for children. The whole team works together to help your child be active again and help decrease pain.

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To Learn More

- Pain Medicine Clinic
206-987-1520
Option 1: Appointment Scheduling
Option 4: Pain Clinic Nurse
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



How do I change or cancel an appointment?

- If you need to cancel, change or make another appointment, call 206-987-1520, option 1.
- If you need to cancel, call at least 24 hours before your appointment.
- If you miss the evaluation without canceling, you will need to return to your primary care doctor. If they decide we still need to see your child, you will need a new referral.