

# What to Expect at Your First Pain Management Visit: A Guide by Dr. Nikesh Seth

Dr. Nikesh Seth of Scottsdale, Arizona outlines what new patients can expect during their first pain management appointment and how to prepare.



**Scottsdale, Arizona May 11, 2026 ([IssueWire.com](https://www.IssueWire.com))** - For many people, the idea of visiting a pain management specialist can feel uncertain. Questions about procedures, treatment options, and next steps often create anxiety before the first appointment even begins.

According to Dr. Nikesh Seth, a board-certified anesthesiologist and founder of Global Pain Solutions in Scottsdale, Arizona, most of that uncertainty stems from not knowing what the process actually entails.

“Patients often come in expecting something complicated or rushed,” says Dr. Seth. “In reality, the first visit is about understanding the full picture before making any decisions.”

This guide outlines what typically happens during an initial pain management consultation and how patients can prepare.

### Step 1: A Structured Medical History Review

The first visit usually begins with a detailed conversation. Patients are asked about their pain history, previous treatments, and how symptoms affect daily life.

This includes:

- When the pain started
- What makes it better or worse
- Prior treatments such as physical therapy, medications, or surgery

“We are looking for patterns,” Dr. Seth explains. “Pain is rarely random. Understanding the timeline helps guide everything that comes next.”

### Step 2: Review of Imaging and Prior Records

If patients have imaging such as MRIs, CT scans, or X-rays, these are reviewed carefully. If not, imaging may be ordered.

However, Dr. Seth emphasizes that imaging is only one piece of the puzzle.

“We treat patients, not just scans,” he says. “Findings on imaging need to match what the patient is actually experiencing.”

### Step 3: Focused Physical Examination

A physical exam helps identify the source of pain. This may include testing movement, strength, and nerve response.

The goal is not just to confirm a diagnosis, but to understand how pain limits function.

“Pain management is about restoring movement and quality of life,” says Dr. Seth. “The exam helps us connect symptoms to function.”

### Step 4: Diagnosis and Treatment Discussion

Once the evaluation is complete, the next step is a clear explanation of the diagnosis and treatment options.

These may include:

- Conservative care such as physical therapy
- Image-guided injections
- Minimally invasive procedures
- Lifestyle modifications

“Patients should leave with a plan,” Dr. Seth says. “Not just a list of options, but a structured approach.”

### Step 5: Setting Expectations

One of the most important parts of the visit is setting realistic expectations.

Not all pain can be eliminated immediately. Instead, treatment often focuses on gradual improvement.

“We focus on function,” Dr. Seth explains. “Can you sit longer, walk farther, or return to activities that matter to you? That’s how we measure progress.”

### How to Prepare for Your First Visit

Dr. Seth recommends a few simple steps to make the appointment more productive:

- Bring prior imaging or reports if available
- Make a list of current medications
- Be ready to describe how pain affects daily activities
- Write down key questions in advance

“Preparation helps us move faster and make better decisions,” he says.

### Reducing Anxiety Around the First Appointment

Many patients worry that their first visit will lead directly to procedures or long-term medication.

That is not the case.

“The first visit is about clarity,” Dr. Seth says. “We take the time to understand the problem before recommending treatment.”

He adds that not every patient requires intervention.

“Sometimes the best decision is to take a step back and reassess,” he explains. “Care should be appropriate, not automatic.”

### A Structured Approach to Pain Care

Pain management has evolved in recent years. There is now greater emphasis on minimally invasive techniques and reducing long-term reliance on medication.

At Global Pain Solutions in Scottsdale, Dr. Seth focuses on structured, evidence-based care tailored to each patient.

The goal is simple: identify the source of pain, apply the right treatment, and measure results over time.

#### About Dr. Nikesh Seth

Dr. Nikesh Seth is a board-certified anesthesiologist and fellowship-trained interventional pain specialist based in Scottsdale, Arizona. He is the founder of Global Pain Solutions, where he provides care for patients throughout the Phoenix metropolitan area. With over 15 years of experience, Dr. Seth specializes in spine-related pain, neuropathy, sciatica, and chronic musculoskeletal conditions.

He earned his biomedical engineering degree from Johns Hopkins University, completed his anesthesiology residency at the University of Texas Medical Center, and a pain management fellowship at Northwestern University. His approach focuses on minimally invasive, evidence-based treatments designed to restore function and improve quality of life.

#### About Global Pain Solutions

Global Pain Solutions is a Scottsdale, Arizona-based pain management practice focused on individualized, patient-centered care. The practice offers minimally invasive spine treatments, interventional procedures, and regenerative medicine approaches designed to reduce pain and improve daily function.

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