

The Pain Relief treatment (PAIN BLOCK) procedures are simple, non-surgical and require hospitalization for few hours or a day and are done in the operation theatre, under local anaesthesia with anaesthetist standby, monitoring of vital signs.

### ADVANTAGES OF PAIN TREATMENT ( PAIN BLOCK )



Most procedures need minimum surgical preparation



No Skin Incision



Under local anaesthesia with or without sedation



Short duration of stay (May be one day)



Almost immediate post procedure recovery with minimal restrictions after procedure



Patient ready for rehabilitation next day



Some of the procedures can easily be repeated with almost comparable results



Improves Quality of Life

### FACILITIES AVAILABLE AT LILAVATI HOSPITAL



O.P.D. Consultation



Personal Counselling



Day Care Procedure



C-Arm Fluoroscopy/CT guidance, Ultrasound machine



Fully-equipped Operation Theatre with monitoring facilities



Lilavati Hospital and Research Centre  
More than Healthcare, Human Care  
NABH Accredited Healthcare Provider



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## PAIN MANAGEMENT CLINIC



“PAIN RELIEF IMPROVES QUALITY OF LIFE”

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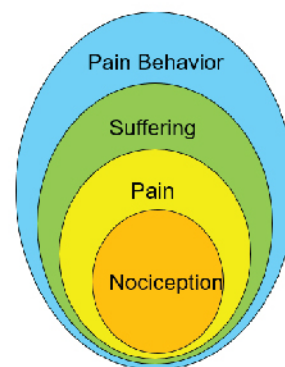


## INTRODUCTION

Pain is one of the most common reasons for a patient to seek medical attention. Pain is a warning by body that something is wrong. It is believed that the feeling of Pain is a **"Boon"** by nature to human being. Pain is unwanted, unwarranted, and undesired guest in Human Body. Pain can be of either short duration i.e., Acute or of long duration i.e., Chronic.

Acute pain is caused due to injury, trauma, infection or after any operation. Chronic pain persists over a prolonged period despite the regular treatment.

According to International Association for the Study of Pain (IASP) and Chronic pain is not only a symptom but a **DISEASE** like Diabetes or Hypertension.



Chronic pain may be started by an injury or illness. The commonly seen chronic pains are headache, neck pain, backache (Sciatica), Cancer pain, Neuropathic pain, pain due to lack of blood supply, Herpes and at times the causes are not known.

The stress, depression, sleeplessness, irritability and psychological symptoms are often associated with chronic pain. Other symptoms are absenteeism and decreased productivity at workplace.

The Pain Management Clinic at Lilavati Hospital is fully equipped to deal with various complicated chronic and acute pain conditions. Pain Physicians at Lilavati Hospital efficiently manage the chronic pain by Pharmacotherapy (Medication), Pain Block, Advanced techniques like Radiofrequency ablation, counselling, and Physiotherapy.

**Common chronic pain conditions professionally managed at Lilavati Hospital are: Back pain, slip disc, neck pain, Sciatica or even post spine surgery pain** These pain symptoms can be effectively treated with non-surgical methods such as Transforaminal Epidural Steroid injections ( PAIN BLOCK ).



## BACK & SPINE PAIN

Back pain or backache (Sciatica) is the most common type of back pain. The causes could be disc bulge, facet arthropathy. The treatment options are Pain block, Radio frequency ablation, Percutaneous discectomy, Adhesiolysis and Spinal Cord stimulation. Pain relief will help for good Physiotherapy and quick rehabilitation.



## VASCULAR OR ISCHEMIC PAIN

Vascular Pain (Decrease blood supply OR Ischemia to any part of body)-conditions such as Diabetes Mellitus; Atherosclerosis; Smoking or Chewing of tobacco causes decreased blood supply to hand, leg. Pain and burning in such cases could be effectively treated with medications, sympathetic block such as Stellate ganglion, Lumbar sympathetic or spinal cord stimulator.



## MYOFASCIAL PAIN (MUSCLE PAIN)

These are found commonly with neck & back pain; spondylosis, muscle spasms in torticollis, tennis, or golfer's elbow. Simple techniques such as dry needling, trigger point injections immensely help to reduce muscle spasm and pain.



## CANCER PAIN

Cancer patients often have severe pain due to disease itself, following Surgery, Chemotherapy, Radiotherapy. Patients who are terminally ill are worst affected. Pain management helps to improve quality of life by giving maximum pain relief and helps them to cope up with ongoing disease, medication, counselling. Advanced techniques such as neurolysis of Coeliac and Superior Hypogastric plexus, Radiofrequency ablation and Intrathecal pump are particularly good options available. These all options provide **"Dignity in Death"** to these patients.

**NERVE PAIN, NEURALGIA OR NEUROPATHIC PAIN E.G., TRIGEMINAL NEURALGIA/ POST HERPETIC NEURALGIA** - Patients having severe pain and burning due to infection, trauma, or tumor of nerves. Most of these patients are often tired of medication and its side effects. They can be effectively treated by Pain (Nerve) block, Radio frequency ablation, Spinal Cord stimulation.

Any persistent pain for more than 3 months after regular treatments-Conditions like Pelvic pain, chronic Pancreatitis, abdominal pain, or any pain not responding to regular treatments have answer with our Pain Specialists.



## TREATMENT PHILOSOPHY

Pain Management Clinic at Lilavati Hospital and Research Centre supplies **"Total Pain Relief"**, which is achieved by Multidisciplinary or Multi Modal approach (Pain relief, Physiotherapy and Psychotherapy) to pain problems like Neck or Back pain, Slip Disc, Cancer, Neuropathic or Vascular pain. If patients don't respond to routine treatment, then above-mentioned Interventional Pain Treatment Procedures are offered.

