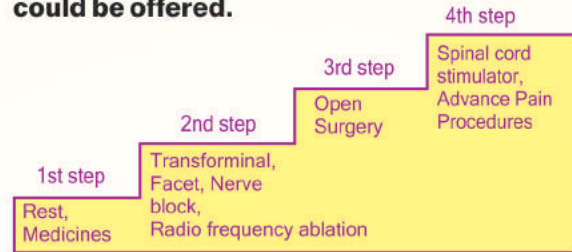


respond to it then surgical options are available. Further thing is that if the patient does not respond to surgery then **Advance Pain treatments could be offered.**



Treatment Philosophy

Most of the above mentioned procedures for various chronic pain conditions are simple, day care and non surgical in nature. These procedures are done under local anaesthesia and needle is used to reach to the target area (not acupuncture). Once the needle reaches the target area then local anaesthetic, steroid, Radiofrequency ablation, Catheter, Neurolysis, Spinal cord stimulator or implantable pump could be offered to decrease pain of the patient.

Advantages:

- Most procedures do not need any special preparation
- There is no skin incision
- No general anaesthetic
- Short duration of stay (may be a day)
- Almost immediate post procedure recovery with minimal restrictions after procedure
- Patient ready for rehabilitation next day
- Some procedures can be easily repeated with almost similar results

Facilities available at Lilavati Hospital:

- O.P.D. Consultation
- Day Care Procedure
- Fully equipped operation theater with monitoring facilities
- C-Arm Fluoroscopy / CT guidance
- Personal Councelling



IMPORTANT TELEPHONE NUMBERS

Emergency/Casualty : 2656 8063/2656 8064

Hospital Board Line : 022 - 2675 1000/2656 8000

Hospital Fax : 022 - 2640 7655/2640 5119

Ambulance : 9769250010

Admission Department : 2656 8080/2656 8081/2656 8082

Appointment-OPD : 2656 8050/2656 8051

Billing-Inpatient : 2656 1586/2656 1585

Billing-Outpatient Department : 2656 8052/2656 8053

Blood Bank : 2656 8214

C T Scan : 2656 8044

Health Check-up Department : 2656 8241/2656 8242/2656 8243

MRI : 2656 8066

Report Dispatch Counter : 2656 1620

TPA Cell : 2640 5115/2656 8089

X- Ray, Sonography : 2656 8031



Lilavati Hospital and Research Centre

More than Healthcare, Human Care

Lilavati Hospital & Research Centre

A-791, Bandra Reclamation, Bandra (W), Mumbai-400 050.

Tel.: 91 22 26751000, 26568000

Website: www.lilavatihospital.com



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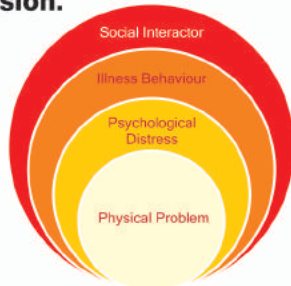


Pain Management Clinic

**We help to
Conquer Pain**

Introduction:

Pain is one of the most common reasons for patients to seek medical attention. It is one of the most prevalent medical complaints in today's world. Pain is an important signal that something is wrong with the person. Pain can be of short duration (Acute) or long lasting i.e. for more than 3 months (Chronic). **Acute pain** is caused due to injury, trauma, infection or immediate post surgery. **Chronic pain** persists over a long period of time inspite of the regular treatment. **According to International Association for Study of Pain (IASP), Chronic Pain is not only a symptom but a DISEASE such as Diabetes or Hypertension.**



Chronic pain may be started by an injury or illness. If proper care is not taken early, chronic pain patients of back pain, slip disc, spondylosis, headache or post surgery pain might suffer from other illnesses like depression and stress related diseases. In addition to mental burden on the patient and family, it also drains them financially.

Pain management team at Lilavati Hospital is fully equipped to deal with various complicated chronic and acute pain conditions.

Pain management specialists at Lilavati Hospital manage these by Counseling, Pharmacotherapy (Medicines), Interventional procedures (Non surgical treatments) or in a few cases surgery.

Common Chronic Pain conditions treated at Lilavati Hospital are:

- **Back pain, Spondylosis, Slip disc, neck pain or even post spine surgery pain:**

For eg. Back & leg pain. The patient of back or leg pain with or without numbness or heaviness can be treated with Pain management. Non surgical treatments like Transforaminal Steroid injection, Facet Joint Radiofrequency ablation, Percutaneous Discectomy, Adhesiolysis treatment, Implantable Pump and Spinal cord stimulator can be offered depending on the patient. It not only helps in diagnosing the cause of back pain but also treating the same. It is good for patients who are looking for alternative to surgery, not fit for surgery (old patients) or had surgery but still have problems of back and leg pain. These procedures help in quick rehabilitation post treatment.

- **Myofascial pain (Muscle pain):**

Muscle pains are found commonly with back, neck, spondylosis or persistent pain after surgery. Simple treatment like Trigger or Tender point procedure can immensely help such patients who are suffering for years together.

- **Cancer pain:**

Cancer patients suffer due to disease, sometimes surgery, chemotherapy or radiation. Patients who are terminally ill are worst affected. Pain management helps them to improve their quality of life by giving pain relief and helping them to cope up with the ongoing disease by Medication, Counseling, Advanced neurolysis of Celiac, Superior hypogastric area, Radiofrequency ablation and Intrathecal pump.

- **Nerve pain, Neuralgia or Neuropathy**

 - e.g **Trigeminal neuralgia / Post herpetic neuralgia**

Patients having nerve pain either because of infection, trauma or tumor can be treated by nerve block, Radiofrequency ablation or Spinal cord stimulator. Most of such patients are either tired of medications or have side effects to the medication. These are simple procedures which gives better quality of life to the patients.

- **Headache especially resistant:**

Headache patients who do not respond to medications or have side effects to medications can be managed with nerve blocks, Radiofrequency ablation or Peripheral nerve stimulators.

- **Vascular pain (Ischaemic pain related to decreased blood supply to any part of the body):**

Conditions related to Diabetes, Atherosclerosis or smoking causing decreased blood supply to hand or leg could be treated by Sympathetic block, Stellate block or Spinal cord stimulator.

- **Any pain persisting for more than 3 months after regular treatments:**

Conditions like Pelvic pain, Chronic Pancreatitis or abdomen pain, Bladder pain or any pain not responding to regular treatments have an answer with our pain specialist.

Treatment Philosophy:

Pain management clinic at Lilavati Hospital follows a **multidisciplinary approach with an emphasis on nonsurgical management** of chronic pain problems like Back, Neck pain and Slip disc, Cancer, Neuropathic pain problem. If the patient doesn't respond to that then **Interventional procedures** mentioned above are offered. If still the patient doesn't