1. **What is pain clinic?**

Pain clinic provides effective relief of common chronic painful conditions in all patients regardless of the source of the pain or its location. Common painful conditions normally treated at pain clinics are low back, neck and shoulder pain, chronic pain after accidents and injuries, facial pain, headaches and pain associated with all types of cancers. Patients coming to pain clinic should bring all their prescriptions and investigations with them.

2. **How to get an appointment in pain clinic?**

Pain clinic is a referral clinic, run by anesthesiologist. Patients are normally referred by physicians of other speciality like neurosurgery, neurology, oncology, spinal or orthopedic surgery, medicine, general surgery, vascular surgery, etc. For an appointment, please contact Consulting Clinic # 3 or call 486-1022.

3. **What is the role of anesthesiologist in pain clinic?**

The role of anesthesiologist/pain physician in the pain clinic is not only to relieve the pain but also to improve the patient’s quality of life, his/her physician is also required to educate patients on various aspects of pain management and methods available for long-term pain relief pain management and methods available for long-term pain relief besides the use of pain killers.

4. **What treatment modalities are offered to patients?**

Patients suffering for any painful condition, whether the disease is curable or not, can be treated by many methods or modalities available for pain control at pain clinics.

These methods/modalities range from conventional drug therapy to interventional pain management like various nerve block procedures. Other Methods of pain management, e.g. TENS therapy, Acupuncture, Physiotherapy and most recent advancements in back and neck pain e.g. Radiofrequency treatment are also available.

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email: anesthesia@aku.edu www.aku.edu
5. What does "nerve block procedure" mean?

These are invasive procedures in which nerves of affected painful area are blocked by drugs (i.e. through temporary means) or by other permanent means. Majority of the nerve block procedures are done in the operating room under X-ray Control.

6. What should you do for nerve block procedure?

When your pain physician in pain clinic advises you for a nerve block procedure, you should take an appointment according to the schedule. On the day you are scheduled for nerve block procedure, you have to arrive at Surgical Day Care located in the D1 ward on first floor at the appointment time. You will have to stop taking anything to drink or eat 4 hours prior to the procedure. This will allow the staff to prepare you for the procedure. You will be discharged the same day, within few hours after the procedure.

You should make arrangements in advance for a responsible adult to take you home when you are discharged from the Hospital.

**Pain clinics and nerve block procedure:**

<table>
<thead>
<tr>
<th>Consultants</th>
<th>Day</th>
<th>Timings</th>
<th>Clinic</th>
<th>Tel. Ext.#</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Gauhar Afshan MBBS(Khi), FCPS(Pak) Post Fellowship training in chronic pain management (UK)</td>
<td>Friday</td>
<td>9:00AM-1:00PM</td>
<td>-</td>
<td>CC3:1022-1023</td>
</tr>
<tr>
<td>Dr. Mueenullah Khan MBBS, FCPS (Pak), Post Fellowship training in chronic pain management (UK)</td>
<td>Wednesday</td>
<td>-</td>
<td>5:00PM-7:00PM</td>
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<tr>
<td>Dr. Mansoor A. Khan MBBS (Khi), FCPS(Pak). Post Fellowship training in chronic pain management (UK)</td>
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**Location**

<table>
<thead>
<tr>
<th>Nerve Block Procedure:</th>
<th>Operating Room</th>
</tr>
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<tbody>
<tr>
<td>Tuesday</td>
<td>9:00AM-4:00PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9:00AM-1:00PM</td>
</tr>
<tr>
<td>Friday</td>
<td>2:00AM-4:00PM</td>
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</tbody>
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For further information, Please contact:
Dr. Gauhar Afshan
Consultant Anesthesiologist and Incharge Chronic Pain Service
Telephone: 4864634
e-mail: gauhar.afshan@aku.edu
website: www.aku.edu
## Nerve Block Procedure

Nerve Block Procedure

### کی کا مطلب ہے؟

ارگ سیم کی تاریکی کے ہاتھ دوبارہ گام پڑھا گیا ہے نئے ہیوں کے ساتھ ملازمت تیزی سے کاٹ دو گیا ہے Nerve Block Procedure کے ساتھ تیزی سے کاٹ دو گیا ہے۔

### جس کے لیے آپ کی کرکر کیا ہے؟

Nerve Block Procedure کے لیے آپ کی کرکر کیا ہے۔

### Procedure

Nerve Block Procedure

1. ہاتھ کے ساتھ تیزی سے کاٹ دو گیا ہے۔
2. ہاتھ کے ساتھ تیزی سے کاٹ دو گیا ہے۔
3. ہاتھ کے ساتھ تیزی سے کاٹ دو گیا ہے۔

### سوالات:

Nerve Block Procedure

<table>
<thead>
<tr>
<th>کیمی کا/نیلین اور تفصیلی تفصیلی</th>
<th>افتتاح</th>
<th>درج ہو گیا</th>
<th>دوبارہ درج ہو گیا</th>
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<td>9 ہو گیا</td>
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<td>9 ہو گیا</td>
<td>7 ہو گیا</td>
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</tbody>
</table>

### معلومات

- 4864634
- email: gauhar.afshan@aku.edu
- website: www.aku.edu
علاج درد کلینک
موریلسون کے لیے معلومات

1- علاج درد کلینک کی جگہ

2- علاج درد کلینک میں ایک ایسے طبی کامیاب چاہئے?

3- علاج درد کلینک کے سال میں مندرجہہ دستیابی پر وجوہ کیا کردار اہتمام؟

4- بریفوز کا کون سے طریقہ کاریکاری کی گئی؟

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