



Post Thoracotomy Pain Syndrome

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Abstract:

Postoperative pain is an acute pain associated with surgical trauma accompanied by inflammatory processes and diminishes in severity by tissue healing. Thoracotomy is one of the most painful surgical procedures known. Multiple muscle layers in the thorax, bones, joints, neurovascular structures, fascia and parietal pleura are pain-sensitive structures. Nociceptive stimuli generated during surgery are transmitted to the upper centers via afferents originating from these structures can lead to chronic pain.

Post-thoracotomy pain syndrome (PTPS) is defined as pain along the surgical bed lasting more than 2 months after surgery. It is characterized by moderate to severe pain and typically described as numbness, tingling, burning, shooting, and sometimes itchy painful sensations. Sensory loss and allodynia are usually present as well. Interventional pain management of PTPS includes:

Intercostal Nerve Injection, Selective thoracic nerve root injection, Thoracic medial branch block (facet joints), Paravertebral Block, Interpleural analgesia, Thoracic sympathetic blocks, Thoracic Epidural Anesthesia, Erector spine blocks and Pectoralis and Serratus Anterior Plane Blocks, Neurolysis, i.e. intercostal alcohol or phenol block or radiofrequency ablation and Cryoablation, Dorsal Root Ganglion Pulse Radiofrequency, Dorsal Root Ganglion Stimulation and Neuromodulation.

Over the last 30 years, there has been a huge increase in medical research investigating the characteristics and potential causes of chronic pain after surgery - this has helped raise awareness amongst healthcare professionals and patients alike. There is still, however, much more work to be done to improve our ability to prevent people from developing chronic pain after surgery and to make sure everyone affected by this all too common condition receives swift diagnosis and treatment.



Biography

Helen Gharaei has completed her MD in the Mashhad University of Medical Science (1992) and postdoctoral studies in anesthesiology in Uremia University School of Medicine and has got her pain fellow degree from Tehran University of Medical Science from Iran (2012), and FIPP degree (Fellowship of Interventional Pain Practice) from Texas Tech University, USA (2013). She has specialized training in minimally invasive chronic pain procedures for medically challenging patients and practice in a private multidisciplinary clinic in Tehran, Iran. She has published many books and papers focusing on the safety of pain injection and has been serving as an editorial board in the reputed journal. She invited as a speaker in many international conferences from the beginning of her professional carries. She is an international trainer & researcher and known as a pioneer on ultrasound-guided spine injection, especially she is the inventor of the IRAN technique in spine injection. She has been teaching at multiple interventional pain management courses including cadaver workshops of ultrasound & fluoroscopy-guided pain injection locally and abroad. She is an education committee in interventional pain and spine center (IPSC) and founder of Son-Guide Pain Injection School of Iran. She constantly contributes to the growth of pain education worldwide.

[Webinar on Surgery; Berlin, Germany; November 19, 2020](#)

Citation: Helen Gharaei; Post Thoracotomy Pain Syndrome Webinar on Surgery; Berlin, Germany; November 19, 2020