



## **IDET (Intradiscal Electrothermal Therapy)**

### **What is IDET?**

IDET is a procedure with involves placing a needle into a degenerated or herniated disc and heating up a small portion of the disc through metal coil which is placed thru the needle.

### **How does it help the pain?**

By lesioning a portion of the disc, nerve fibers supplying sensation to the disc are cauterized or deadened. In addition remodeling of the damaged disc may occur resulting in reduced disc mediated pain.

### **Who can benefit from IDET?**

Patients with degenerated and herniated discs who suffer from back or leg pain can make good candidates for IDET. Patients having an IDET have often failed other conservative treatments including physical therapy, medications, or epidural steroid injections.

### **What happens during the procedure?**

An IV will be started prior to the procedure and you will be given medicine to make you feel sleepy. You will lie on

your stomach and your back will be cleaned and draped with sterile dressings. The skin over the area is numbed and a thin needle is inserted into the involved disc using x-ray guidance. A special probe is inserted through the needle which attaches to a machine. A small amount of disc tissue is heated up using radiofrequency waves. The procedure takes approximately 30 minutes.

### **What happens after the procedure?**

You will be monitored in the office for 1 hour following the procedure. Rest is encouraged the day of the procedure and ice may be applied to the site of the injection. You may feel more discomfort over the next few days, however, your pain will generally improve within 1-2 weeks. You will be seen two weeks after the procedure for a follow up visit.

### **What are the possible side effects?**

As with any procedure, a small number of patients may experience side effects which will be explained in more detail by your doctor. A few potential side effects are listed below, however, the vast majority of patients

experience no side effects at all.

- Bleeding
- Infection in the disc
- Nerve damage
- Lack of relief
- Localized pain

### **What if I am taking blood thinning medications? (Eg., Coumadin, Plavix, Ticlid, Aggrenox):**

Coumadin must be stopped 5 days before your procedure and you must have some laboratory studies taken immediately before your procedure (Eg., PT, INR). Your doctor may ask you to stop other medications before your procedure as well.

### **Does the procedure hurt?**

Because you will be slightly sedated, you may not remember the procedure. In addition, the area is numbed with local anesthetic before the procedure, thus most patients experience only modest discomfort.

### **Will I have any restrictions?**

Driving is not permitted on the day of the procedure.