

# ANSWERING YOUR iovera<sup>o</sup> QUESTIONS

Bring these FAQs along with you to your next appointment. They can help you and your doctor discuss iovera<sup>o</sup> and decide if it might be right for you.

## WHAT IS iovera<sup>o</sup> TREATMENT?

iovera<sup>o</sup> is an innovative type of pain relief treatment known as cryoneurolysis (kri-o-nuh-rol-i-sis), or cold therapy. iovera<sup>o</sup> is safe and approved by the US Food and Drug Administration to help you achieve pain relief related to osteoarthritis (OA) and knee replacement surgery. It is also an option for people who cannot have knee replacement surgery. iovera<sup>o</sup> can also be used for pain management in the hip, shoulder, chest, foot and ankle, spine, and more.

## WHAT SHOULD I EXPECT DURING iovera<sup>o</sup> TREATMENT?

Treatment with iovera<sup>o</sup> is simple! After a local anesthetic is applied to your knee to minimize discomfort during the procedure, your doctor will insert the "Smart Tip" of the iovera<sup>o</sup> system into your skin. This process is repeated as needed until the targeted nerve is blocked. In total, this takes about 15 to 30 minutes.

## DOES iovera<sup>o</sup> TREATMENT HURT?

No, iovera<sup>o</sup> treatment should not be painful. A numbing medication will be used on the skin of the treatment area to manage any potential discomfort. Some people describe feeling pressure or tugging during the iovera<sup>o</sup> treatment. Cold, warm, and tingling sensations are also normal, as is some level of discomfort. Tell your doctor right away if you feel any pain during your treatment.

## HOW DOES iovera<sup>o</sup> TREATMENT WORK?

iovera<sup>o</sup> freezes the nerves that are sending pain signals to your brain. Your doctor is able to target the exact nerves that are causing your pain. This effect is not permanent. It lasts about 90 days.

## IS iovera<sup>o</sup> TREATMENT PERMANENT?

No. The iovera<sup>o</sup> system uses nitrous oxide, which is not able to reach a temperature cold enough to permanently stop the nerve from signaling. The treatment can last up to 90 days, and patients are able to go back to their doctors to receive additional treatments as needed.

## HOW DO I KNOW IF iovera<sup>o</sup> TREATMENT IS RIGHT FOR ME?

iovera<sup>o</sup> is an option for people who are experiencing OA pain in the knee. It can also be given before or after knee replacement surgery to make recovery easier and less painful. Or iovera<sup>o</sup> can relieve your knee pain if you are not a candidate for knee surgery.

Ask your doctor about iovera<sup>o</sup> if you have tried other pain treatments for OA, or if you are discussing having knee replacement surgery. iovera<sup>o</sup> may also be an option for people who cannot have knee surgery. *iovera<sup>o</sup> does not replace the need for knee surgery.*

## HOW LONG DOES IT TAKE iovera<sup>o</sup> TREATMENT TO WORK?

iovera<sup>o</sup> works immediately.

## HOW LONG DOES PAIN RELIEF FROM iovera<sup>o</sup> TREATMENT LAST?

iovera<sup>o</sup> can block pain signals for up to 90 days.

## HOW LONG DOES iovera<sup>o</sup> TREATMENT TAKE?

Depending on the extent of your treatment, it should take about the usual time required for a doctor's appointment—about 15 to 30 minutes.

## HOW SOON CAN I EXERCISE OR RESUME MY REGULAR ACTIVITIES AFTER iovera<sup>o</sup> TREATMENT?

Avoid exercise and/or strenuous activity for 2 to 5 days after your iovera<sup>o</sup> treatment. Ask your doctor for specific guidance on returning to normal activities and safe levels of exercise.

## DOES iovera<sup>o</sup> TREATMENT HAVE SIDE EFFECTS?

As with any surgical treatment that uses a needle and local anesthesia, certain reactions can occur. For iovera<sup>o</sup>, these may include (but are not limited to) bruising, swelling, inflammation, and/or redness, local pain, and/or tenderness and altered feeling at the application site (the knee).

*Side effects from iovera<sup>o</sup> usually resolve on their own. Ask your doctor if you have concerns about side effects.*

## HOW DO I FIND A DOCTOR NEAR ME WHO USES iovera<sup>o</sup> TREATMENT?

We're glad you asked! Check out the Find a Doctor tool on our website ([iovera.com](http://iovera.com)) and we'll help you locate a doctor near you who uses iovera<sup>o</sup>.

## HOW MUCH DOES iovera<sup>o</sup> TREATMENT COST?

The cost of iovera<sup>o</sup> treatment depends on your insurance coverage. Medicare may help cover the costs of iovera<sup>o</sup> if your condition meets Medicare eligibility standards. You may also be eligible for the cash pay program.