

iovera^o

STOP PAIN COLD.

**DON'T LET CHRONIC OSTEOARTHRITIS KNEE PAIN
STOP YOU FROM ACTIVITIES YOU ENJOY!**

When you're living with the pain of osteoarthritis (OA) of the knee, it's good to know there's a medication-free option that can relieve the chronic pain until you're ready for surgery.

iovera^o is a medical device that harnesses the power of cold to immediately reduce chronic OA pain so you can get back to living life on your terms.



iovera° EFFECTIVELY TREATS CHRONIC OA KNEE PAIN



iovera° USES TARGETED COLD THERAPY

The treatment is called “cryoanalgesia” (cry-oh-ann-al-gee-zee-ah). It uses a patented system to deliver a nerve block right where you need it.

- FDA cleared to block chronic pain
- Provides immediate, long-lasting relief
- Localized to the knee and does not inject any drugs into the body

iovera° TREATMENT FOR CHRONIC OA PAIN CAN KEEP YOU MOVING, WITH UP TO 90 DAYS OF PAIN RELIEF*



DECREASED KNEE PAIN

Patients who received iovera° treatment continued to experience pain relief at **30, 60, and 90 days** after treatment



LESS STIFFNESS

Patients who received iovera° treatment experienced less stiffness 30 days after treatment



IMPROVED PHYSICAL FUNCTION

Patients who received iovera° treatment had improved ability to move at 90 days

*Results from a clinical study of patients with knee OA who were treated with the iovera° system compared with those who did not receive the treatment.

LIVE YOUR LIFE ON YOUR TERMS WITH iovera^o TREATMENT

HOW iovera^o WORKS DIFFERENTLY

iovera^o treatment applies focused cold to a specific nerve, creating a small ice ball under the skin. This immediately stops the nerve from sending pain signals to the knee.

The effect on the nerve is temporary and does not cause permanent damage. Over time the nerve regenerates, and its ability to send signals is restored. This procedure is safe and will not cause damage to or destroy the surrounding tissue.



WHY CHOOSE iovera^o?

iovera^o treatment may be right for you based on your unique pain relief needs. Do any of the following sound familiar?

- Other non-surgical options are not giving you the pain relief you need, but you're not ready to move forward with surgery
- You have a hectic schedule or special plans in the coming months—a vacation, a wedding—and are not ready for the downtime of surgery and rehabilitation
- Your doctor may have advised you that surgery is not currently an option based on potential conflicts with health issues, but you still need relief of your OA pain

iovera° IS A DIFFERENT KIND OF OA TREATMENT

WHEN IT COMES TO TREATING OA KNEE PAIN, A NUMBER OF OPTIONS ARE AVAILABLE

Each option has benefits and drawbacks that may or may not be ideal for you, depending on your routine.



PILL AND CAPSULE OPTIONS

Non-steroidal anti-inflammatory drugs (NSAIDs), such as Advil® and Aleve®

- Provide short-term relief of pain and stiffness
- Affect the whole body and can cause side effects, such as stomach problems (indigestion, heartburn, and nausea) and an increased risk of cardiovascular disease (eg, heart attack or stroke)

Opioids, such as oxycodone (eg, Percocet®) and hydrocodone (eg, Vicodin®)

- Powerful, short-term pain relievers may cause addiction and dependence
- Affect the whole body and can cause side effects, such as constipation, nausea, and drowsiness
- Should only be used when other pain relief options have failed



INJECTABLE OPTIONS

Corticosteroid injections

- Can take 1 to 2 days to provide pain relief and 1 to 2 weeks for the full effect. Repeat injections may be needed
- Can increase blood sugar levels and may not be a good option for people with uncontrolled diabetes
- Can accelerate the worsening of OA

Hyaluronic acid (HA) injections

- Help relieve pain by providing a cushion inside the knee
- Do not provide immediate pain relief; relief usually begins around 4 weeks after injection
- Can require an injection every week for up to 5 weeks and must be repeated every 3 months
- Results can vary; some people get complete relief while others get some or none

Platelet-rich plasma (PRP)

- Aids healing and recovery using a patient's blood platelets
- Experimental treatment with limited support for pain relief; likely not covered by insurance



CRYOANALGESIA (COLD THERAPY)

iovera° Treatment

- This treatment is a non-surgical, medication-free option that uses focused cold therapy to provide immediate pain relief that can last up to 90 days

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ANSWERS TO QUESTIONS YOU MIGHT HAVE ABOUT iovera^o TREATMENT

IS iovera^o TREATMENT RIGHT FOR ME?

If your knee pain is chronic, due to OA, it can be alleviated by cold therapy treatment with iovera^o, and you can get right back to the activities you enjoy, with less pain.

HOW DOES iovera^o TREATMENT WORK?

With the iovera^o treatment, your doctor is able to deliver a concentrated, focused cold zone through a handheld device. This closed-end, needle-based procedure is safe and does not damage or destroy the surrounding tissue.

HOW IS iovera^o TREATMENT DONE?

Treatment is done right in your doctor's office. He or she will use a medicine to numb the skin and minimize discomfort during the treatment.

WHAT KIND OF RESULTS CAN I EXPECT?

Results from iovera^o treatment can be felt immediately after treatment. When the treatment is applied to a specific nerve, it will interrupt that nerve's ability to send a pain signal, providing an immediate reduction in pain.

HOW LONG WILL THE RESULTS FROM iovera^o TREATMENT LAST?

iovera^o treatment targets specific nerves, so the pain relief is focused only on the part of the body that is being treated. One treatment with iovera^o can last up to 90 days.

ARE THERE ANY SIDE EFFECTS?

Common side effects include local pain, tenderness, swelling, bruising, and tingling or numbness. Typically, these reactions are mild and resolve with no need for a doctor.



CHOOSE iovera[®] FOR NON-SURGICAL, MEDICATION-FREE PAIN RELIEF

iovera[®] treatment can give you immediate results (with some lasting up to 90 days),
so you can live your life with:



**DECREASED KNEE
PAIN**



LESS STIFFNESS



**IMPROVED ABILITY
TO MOVE**



**FOR MORE INFORMATION, PLEASE VISIT US AT
www.iovera.com/patient.**

Indication

The iovera[®] system is used to destroy tissue during surgical procedures by applying freezing cold. It can also be used to produce lesions in peripheral nervous tissue by the application of cold to the selected site for the blocking of pain. It is also indicated for the relief of pain and symptoms associated with osteoarthritis of the knee for up to 90 days. The iovera[®] system is not indicated for treatment of central nervous system tissue. The iovera[®] system's "1x90" Smart Tip configuration (indicating one needle which is 90 mm long) can also facilitate target nerve location by conducting electrical nerve stimulation from a separate nerve stimulator.

Important Safety Information

The iovera[®] system should not be used in people with the following conditions:

- Blood that thickens when patient is exposed to cold (cryoglobulinemia), blood appearing in the urine when patient is exposed to the cold (paroxysmal cold hemoglobinuria), skin rash that appears when patient is exposed to the cold (cold urticaria), narrowing of the blood vessels in the hands and feet when patient is exposed to the cold (Raynaud's disease), and open and/or infected wounds at or near the treatment site

Patients being treated with the iovera[®] system (a needle-based therapy) may experience certain reactions, including, but not limited to:

- Bruising, swelling, inflammation and/or redness, local pain and/or tenderness, and altered feeling at the site of application

Proper use of the device as described in the User Guide can help reduce or prevent the following reactions:

- In the area(s) where you were treated: damage to the skin from being exposed to cold or heat, darkening or lightening of the skin, and dimples in the skin
- Outside the area(s) where you were treated: muscles may not work or move normally