



GET RELIEF IN MOTION WITH iovera^o

**Immediate and long-lasting pain relief
using advanced cold technology¹**

**For iovera^o Important Safety Information,
please visit iovera.com/risks.**

A COOL WAY TO MANAGE KNEE PAIN

iovera^o relieves pain before and after surgery

Everyone is familiar with the use of cold for pain relief. But iovera^o uses cold like no other therapy. It is a safe, FDA-cleared treatment that uses extreme cold to stop nerves from sending pain signals. This relief is **immediate** and can **last up to 90 days**.^{1,2}

Standing up to knee pain could mean more activity

When your knee is hurting, it can limit what you feel comfortable doing in your everyday routine.³ With lasting pain relief, you're more likely to get back to the basic activities you want to do.⁴

Why choose iovera^o?



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.



Other non-surgical options are not giving you the pain relief you need, but you're not ready to move forward with surgery.



Your doctor may have advised you that surgery is not currently an option based on your health status, but you still need relief of your OA pain.

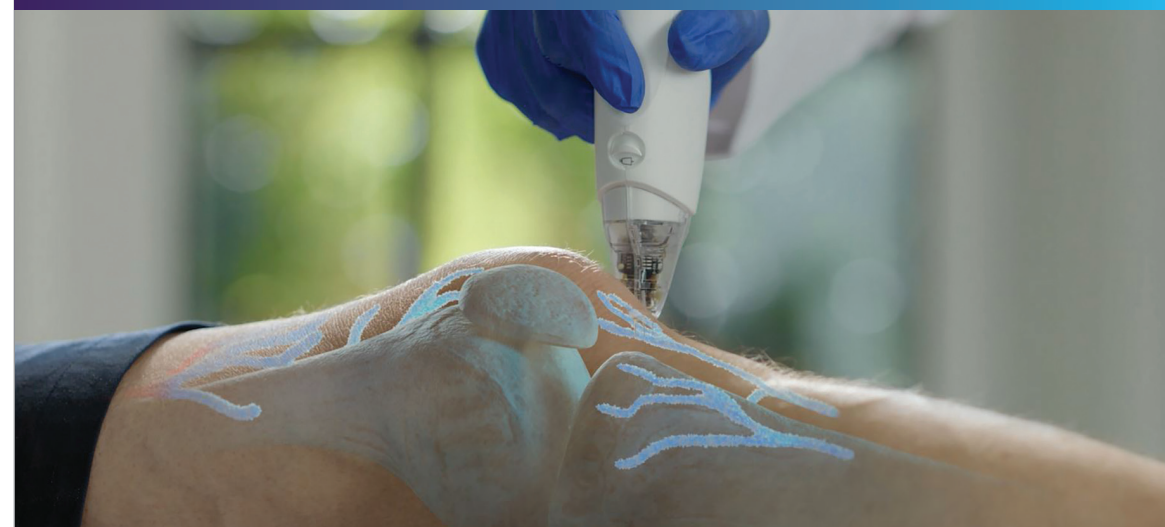


You are having knee replacement surgery and want to make your recovery easier and less painful.

FDA=US Food and Drug Administration; OA=osteoarthritis.

HOW DOES iovera^o WORK?

iovera^o is a handheld device that lets your doctor apply just the right amount of extreme cold only to the nerves they want to target—the ones causing you pain. The iovera^o treatment is localized, non-surgical, and **does not contain medicine or opioids**.^{1,2}



- 1 A numbing agent (topical or injected) is applied to minimize discomfort during treatment.
- 2 A small needle is inserted into the skin to deliver precise, controlled doses of cold directly to the targeted nerves. This immediately blocks the nerves from sending pain signals.
- 3 The process is complete when the targeted nerves causing your pain are blocked.

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HAVE OA KNEE PAIN?**FEEL BETTER
WITH UP TO 90 DAYS OF RELIEF¹**

When you're living with OA of the knee, it's a relief to know there's a drug-free option like iovera^o that can immediately reduce your chronic pain:

**DECREASED KNEE PAIN**

Patients continued to experience pain relief for up to 90 days after iovera^o treatment.¹

**LESS STIFFNESS**

Patients experienced reduced stiffness in their knees 30 days after iovera^o treatment.¹

**EASIER RETURN TO ROUTINE TASKS**

Patients had an improved ability to do basic activities at 30, 60, and 90 days after iovera^o treatment.¹

A clinical study of patients with knee OA treated with iovera^o compared with those who received a placebo treatment.

**NEARLY 8 OUT OF 10 PATIENTS
still had relief from pain
90 DAYS after iovera^o treatment¹**

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HAVING KNEE REPLACEMENT SURGERY?**GET BACK
ON THE MOVE**

While surgery may be in your future, your recovery doesn't have to be painful. Patients who received iovera^o before surgery had:

**FEWER OPIOID PRESCRIPTIONS**

Patients used 68% fewer opioids during their hospital stay.⁵

**REDUCTION IN KNEE PAIN**

Patients experienced less pain 2 weeks after surgery.⁶

**FASTER DISCHARGE**

On average, patients were discharged within 1 day of surgery compared with 2½ days for those who were treated with standard recovery practice.⁷

**IMPROVED RECOVERY
OF RANGE OF MOTION**

Patients saw improvement at 2, 6, and 12 weeks after knee replacement surgery for early and sustained knee movement.⁷

Two clinical studies of patients who had knee replacement surgery treated with iovera^o compared with those who received standard-of-care treatment without iovera^o.

HAVE QUESTIONS ABOUT iovera^o?



What makes iovera^o different from other pain treatments?

iovera^o is an innovative type of pain-relief treatment known as cryoneurolysis (kri-o-nuh-rol-i-sis), or cold therapy. It uses targeted cold to temporarily stop nerves from sending pain signals to the brain.

What kind of results can I expect?

Pain relief from the 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.

Does the iovera^o treatment hurt?

The iovera^o treatment should not be painful. An injection or topical numbing medication will be used on the treatment area to manage any potential discomfort. Some people describe feeling pressure or tugging during the iovera^o 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.

Individual patient results may vary.

MORE ANSWERS TO COMMON QUESTIONS

Are there any side effects?

Side effects from iovera^o may include bruising, swelling, inflammation and/or redness, local pain and/or tenderness, and altered feeling at the application site (the knee). Typically, these reactions are mild and resolve with no physician intervention. Ask your health care provider if you have concerns about side effects.

Is the iovera^o treatment permanent?

No. The iovera^o 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 the iovera^o treatment is right for me?

iovera^o 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. Ask your doctor about iovera^o if you have tried other pain treatments for OA, or if you are discussing having knee replacement surgery.

iovera^o is given in your doctor's office and takes only about 30 minutes






Prepare for pain relief with iovera^o

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GET BACK ON THE MOVE WITH iovera^o

For people with chronic OA knee pain or undergoing knee replacement surgery, iovera^o is:

-  An option for long-lasting management of OA knee pain and pre-/postsurgical pain
-  Targeted to relieve the pain in your knee, so it does not affect your entire body like opioids or other medications
-  FDA-cleared to block pain



See how iovera^o treatment relieves pain for patients like you

References: **1.** Radnovich R, Scott D, Patel AT, et al. Cryoneurolysis to treat the pain and symptoms of knee osteoarthritis: a multicenter, randomized, double-blind, sham-controlled trial. *Osteoarthritis Cartilage*. 2017;25(8):1247-1256. **2.** American Academy of Orthopaedic Surgeons. Management of Osteoarthritis of the Knee (Non-Arthroplasty). Evidence-Based Clinical Practice Guideline. <https://www.aaos.org/oak3cpg>. Published August 31, 2021. Accessed November 15, 2023. **3.** Kaila-Kangas L, Leino-Arjas P, Koskinen A, et al. Sickness absence and return to work among employees with knee osteoarthritis with and without total knee arthroplasty: a prospective register linkage study among Finnish public sector employees. *Scand J Work Environ Health*. 2021;47(8):600-608. **4.** Skou ST, Pedersen BK, Abbott JH, Patterson B, Barton C. Physical activity and exercise therapy benefit more than just symptoms and impairments in people with hip and knee osteoarthritis. *J Orthop Sports Phys Ther*. 2018;48(6):439-447. **5.** Urban JA, Dolesh K, Martin E. A multimodal pain management protocol including preoperative cryoneurolysis for total knee arthroplasty to reduce pain, opioid consumption, and length of stay. *Arthroplast Today*. 2021;12(10):87-92. **6.** Dasa V, Lensing G, Parsons M, Harris J, Volaufova J, Bliss R. Percutaneous freezing of sensory nerves prior to total knee arthroplasty. *Knee*. 2016;23(3):523-528. **7.** Plessl D, Salomon B, Haydel A, Leonardi C, Bronstone A, Dasa V. Rapid versus standard recovery protocol is associated with improved recovery of range of motion 12 weeks after total knee arthroplasty. *J Am Acad Orthop Surg*. 2020;28(21):e962-e968. doi:10.5435/JAAOS-D-19-00597.

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