

iovera[°]

WHAT TO EXPECT FROM YOUR TREATMENT



A COOL way to manage your pain

- iovera[°] is a safe, non-surgical treatment that enables your doctor to use targeted cold therapy to stop nerves from sending pain signals
- iovera[°] is localized to the treatment area, so it doesn't affect the rest of your entire body like opioids or other medications
- iovera[°] is FDA-cleared to block pain

NEARLY 8 OUT OF 10 PATIENTS
still had relief from pain
90 DAYS AFTER
iovera[°] TREATMENT

How iovera[°] works

- 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 nerve from sending pain signals.

You may feel pressure or tugging when the needle is inserted. It's also normal to experience cold, warm, or tingling sensations. This means that the treatment is working.

- 3 The process is complete when the targeted nerves causing your pain are blocked.



SCAN TO HEAR PATIENT TESTIMONIALS ABOUT iovera[°]

For iovera[°] Important Safety Information, please visit iovera.com/risks.



MAKING AN APPOINTMENT?

The iovera° treatment will take about 30 minutes. It is important to wear loose-fitting, comfortable clothing that allows for easy access to the treatment area.

Let the office know if you have:

- Had previous surgery or treatment in that area
- A history of keloids (overgrowth of scar tissue)
- Reactions to lidocaine or pain or cold sensitivity
- Open sores in the area
- A regimen of anticoagulants, aspirin, or non-steroidal anti-inflammatory drugs (NSAIDs)



WHAT SHOULD YOU DO AT HOME AFTER iovera° TREATMENT?

- Keep the treatment area clean and dry as it heals
- The treatment area may feel tender and/or warm. You may also experience numbness or tingling in that area. Some swelling and bruising may occur. These responses are normal and temporary
- Your doctor may instruct you to use warm compress, ice, or over-the-counter pain medicine to relieve any discomfort
- Wait for your doctor to tell you when you can return to your normal activities and/or exercise



HAVE QUESTIONS ABOUT iovera°?
Scan for the answers

For iovera° Important Safety Information, please visit iovera.com/risks.