

What is the iovera^o treatment? How does it work? The iovera^o treatment uses the body's natural response to cold to immediately block a sensory nerve from sending pain signals. Using a small probe (or Smart Tip), a precise cold zone is formed under the skin - cold enough to temporarily stop the nerve from signaling, without damaging surrounding tissue. This is repeated until the nerve is blocked, providing pain relief until the nerve regenerates.

What is the treatment like? Once the area to be treated has been cleansed, the area is marked for treatment and a local anesthetic is administered for comfort. The Smart Tip is inserted into the treatment region and a treatment cycle is performed. When the treatment cycle is finished, the Smart Tip is removed and inserted into the next site in the treatment region. Results are immediate, so you will feel pain reduction right away.

Does the treatment hurt? Local anesthetic is administered before treatment. While the treatment should not be painful, it is normal to experience pressure, a sensation of cold, warmth, tingling and/or tapping during treatment. This altered sensation is an indication that the treatment is working.

How long does the treatment take? This depends on several factors, including which nerves are being targeted and the number of treatment cycles. One knee treatment, focusing on one nerve, can take as little as 15 minutes.

When will I feel pain reduction? Results from the iovera^o treatment can be felt immediately after treatment. When individual nerve branches that innervate the painful areas are treated, there is an immediate reduction in pain.

How long do the results last? The iovera^o treatment effect lasts until the nerve has fully regenerated. In general, nerves regenerate at a rate of approximately 1mm per day. Treatment results may vary by individual and the location of treatment.

What is the post-treatment downtime? How soon can I be active?

Dr. _____ will explain safe post-treatment activities, though you may return to non-strenuous activity immediately after treatment. Applying pressure or ice post-treatment is recommended to minimize anticipated side effects, such as bruising and swelling.

Are there any side effects? Common side effects include local pain, tenderness, swelling, bruising and tingling or numbness. Typically, these reactions resolve without physician intervention.

What areas of the body can be treated? The iovera^o system can be used to treat pain transmitted via peripheral nerves which can be safely accessed without risk of damage to adjacent sensitive structures. We perform iovera^o treatments in the following areas: _____.

How does the iovera^o treatment for knee pain compare to other treatments? The iovera^o treatment is precise, immediate, and predictable. Nothing is injected into the body so there are no systemic side effects. Full results are typically felt before the appointment is over. The treatment is a minimally invasive, outpatient treatment and only requires local anesthetic – there is no sedation, general anesthetic or hospital stay.

If I have iovera^o treatment, do I need to continue my other therapies? The iovera^o treatment effect is temporary and does not change the underlying condition for which your physician has recommended certain therapies. Discuss this with Dr. _____.

What if I had a recent hyaluronic acid or steroid injection or a recent surgery, such as a total knee replacement? Dr. _____ will need to evaluate your specific case and the treatment area to determine if iovera^o is right for you.

How much does it cost? Is it covered by insurance? The iovera^o treatment may be covered by insurance. We can discuss further in a consultation.

Where can I learn more? Dr. _____ can discuss the treatment with you, and you can also find out more at www.iovera.com.

iovera^o Treatment for Post-Surgical Pain Management

I've heard this is used before knee surgery. Does it help? The iovera^o treatment has been used prior to knee surgery to aid in the recovery process by temporarily reducing pain during those critical weeks after surgery. Dr. _____ performs the iovera^o treatment ___ days before your scheduled surgery.

If this blocks my pain, would I still need surgery? The iovera^o treatment effect is temporary, helping manage pain after surgery. It does not change the underlying condition for which your physician has recommended surgery.

Closing remarks... Would you like to schedule a consultation?

Indications For Use: The Myoscience iovera^o 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^o system is not indicated for treatment of central nervous system tissue.

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