

WHAT TO EXPECT | your iovera^o treatment

A great experience begins with knowing what to expect with iovera^o treatment and following a few simple instructions. If you have any questions, please consult your doctor.

Before the iovera^o treatment

Please discuss your treatment history with us before your scheduled appointment:

- Previous surgery, treatment, trauma or a medical diagnosis in the area to be treated
- A history of keloid formation, reactions to Lidocaine or sensitivity to pain or cold
- Open sores or wounds in the area to be treated
- Regular use of anti-coagulants, aspirin or NSAIDs

There are no special pre-treatment instructions for you to follow.

- Wear comfortable clothing that allows access to the treatment area (eg, for knee treatments, consider shorts)

On the day of your treatment we will:

- Assess your pain
- Clean and mark the treatment area
- Numb the area with an anesthetic injection or a cold spray (you may feel a slight pinch)

During the iovera^o treatment

- You may feel pressure or tugging when the iovera^o Smart Tip is inserted into the treatment site
- While the treatment should not be painful, it is normal to experience pressure, a sensation of cold, warmth, and tingling during treatment. This sensation is an indication that the treatment is working
 - If you feel pain, tell us right away

How it works

The 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 due to a process called Wallerian degeneration. This effect on the nerve is temporary and does not cause permanent damage. Over time the nerve regenerates, and normal functioning is restored.



After the iovera^o treatment

Results can be felt immediately after iovera^o treatment in the specific nerves involved with your knee pain.

Instructions immediately following treatment:

- Apply pressure to the treatment area as needed to reduce swelling or bruising (10-15 min)
- Apply cold compress as needed after applying pressure

Once at home, follow these simple instructions:

- Keep the treatment area clean and dry during healing
- Use ice or over-the-counter pain medication to relieve soreness
 - Our office can offer guidance on medications
- We will advise you on returning to normal activities and safe levels of exertion or stress

Here are some normal and temporary responses to the treatment that some patients may experience:

- Treatment area may feel tender and/or warm
- Some numbness or mild tingling in the treatment area
- Some swelling and/or bruising

Questions? Contact your doctor.

For more information, visit www.iovera.com.



Following the proper after-care instructions is key to minimize the occurrence and/or duration of expected side effects.

Indication

The 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. The iovera^o 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^o 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^o 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

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