



**RELIEF IN MOTION**

iovera<sup>o</sup>

# NICE MOVE

## A COOL WAY TO MANAGE KNEE PAIN

iovera<sup>o</sup> is a safe and fast treatment that enables your doctor to use cold therapy to stop nerves in your knee from sending pain signals. The relief of osteoarthritis (OA) knee pain is immediate and lasts up to 90 days.

- Long-lasting management of OA knee pain and pre-/post-surgical pain
- Localized to the knee, so it does not affect your entire body like opioids or other medications
- FDA-cleared to block pain in the knee

### Anticipating a Total Knee Replacement?

Surgery may be in your future, but a painful recovery doesn't have to be. The results of two clinical studies show that patients who received iovera<sup>o</sup> before surgery:

- Requested **45% fewer opioid prescriptions** 12 weeks after surgery<sup>1</sup>
- Experienced **less pain in their daily activities** two weeks after surgery<sup>1</sup>
- Achieved **range of motion faster**<sup>2</sup> after surgery

### Living with Knee Osteoarthritis (OA)?

When you're living with OA, it's good to know there's a medication-free option like iovera<sup>o</sup> that can immediately reduce your chronic pain.

A clinical study using cryoanalgesia for OA of the knee showed that most iovera<sup>o</sup> patients experienced:

- **Decreased knee pain** 30, 60, and 90 days after treatment<sup>3</sup>
- **Less stiffness** 30 days after treatment<sup>3</sup>
- **Improved physical function** at 90 days<sup>3</sup>

Talk to your doctor about the pain management options available to treat pain before and after surgery. Visit [iovera.com/patient](https://iovera.com/patient) to learn more.

**FIND A  
DOCTOR  
NEAR YOU**



## WHY CHOOSE IOVERA®?

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



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

### 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.

### 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

**REFERENCES:** 1. 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. 2. 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. 3. 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.

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