

iovera^o

Postoperative Pain Management Option

Our team offers the iovera^o treatment for total knee arthroplasty (TKA) patients prior to surgery to minimize post-surgical pain. The iovera^o treatment blocks targeted peripheral nerves from sending pain signals and lasts until the nerve regenerates. One study suggests that 70% of knee pain patients reported pain relief 150 days post-treatment. This will allow patients to get through their TKA rehabilitation more comfortably.

Post-surgical TKA patients using iovera^o report:

- Less stiffness
- Less pain
- Less opioids used

The iovera^o procedure is administered 5-7 days prior to the patient's TKA surgical date. We attempt to bill patients insurance for the iovera^o treatment. For patients with an insurance that will not cover iovera^o, the cash rate is \$600 and is to be paid in full at the time of service.

Frequently Asked Questions:

How does it work?

A small probe is inserted into the treatment region and a treatment cycle is performed. 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.

Does the treatment hurt?

A topical numbing spray will be applied to the skin 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 during treatment is an indication that the treatment is working.

Are there any side effects?

Common side effects include local pain, tenderness, swelling, bruising, and tingling.

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Feedback From Patients

How has the iovera treatment assisted you in your recovery?

“Tremendously, was off pain pills in less than a week.” - Mary J.

“I am further along [with my recovery] then expected and my PT is impressed.” - Barbara J.

“I feel it has assisted with increasing range of motion with reduced pain.” - Robert E.

Tell us your story about how you decided to get a total knee replacement, how your recovery process is going, and what plans you have once your knee is healed:

“I was in pain and walking weird. My recovery is going great and I don’t even realize I had [a total knee replacement] most of the time.” - Mary J.

“I was in pain, bone on bone, and my knee cap was shifting. My recovery is going very well. I plan on taking my dog for a walk every day and getting to travel in September.” - Barbara J.

“My left knee was worn out. My recovery is going on 11 weeks now and I’m doing great. No plans at the moment just building my muscle back up after years of lack of use.” - Elaine S.