



iovera° uses cold therapy to target specific sensory nerves - providing immediate, non-opioid relief

What is iovera°?

iovera° is a FDA-approved, non-opioid, minimally invasive treatment, that alleviates pain through a mechanism known as cryoanalgesia. This procedure, cryoneurolysis, is an outpatient procedure that uses cold therapy to target specific superficial sensory nerves that transmits a pain signal. Patients can get immediate relief after an iovera° treatment and can get relief that lasts 3 months, and in some cases longer, as the nerve regenerates over time.

iovera° and Total Knee Replacement

Here at Advanced Orthopedics of Oklahoma, we have been using iovera° as an adjunct to pain control for patients having a total knee replacement. iovera° is usually performed one to two weeks prior to surgery. We use an ultrasound machine to identify 5-6 nerves. The skin and nerves are numbed. Then we literally freeze those nerves. This process takes approximately 20-30 minutes to perform. Post-operatively, patients are taking less narcotics because they have less pain, getting better range of motion and have better outcomes with their therapy.

Beyond the Knee: Expanding iovera° Treatment

In addition to patients with knee pain, we have also been using iovera° to treat patients with shoulder pain. Advanced Orthopedics of Oklahoma is on the cutting edge of technology and researching whether iovera° can be utilized on other areas, such as elbows and ankles.