



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 pain of the shoulder, hip, and spine. Advanced Orthopedics of Oklahoma is on the cutting edge of technology and researching whether iovera can be utilized in other areas, such as elbows and ankles.