

**Surgery doesn't  
always have to be  
the answer...**

**COOLIEF**<sup>®</sup>  
Cooled Radiofrequency Treatment

For more information, please visit  
[www.myCoolief.com](http://www.myCoolief.com)

**AVANOS**

**COOLIEF**<sup>®</sup>  
Cooled Radiofrequency Treatment

**COOLIEF\***  
**COOLED RADIOFREQUENCY**

A Non-Surgical, Non-Narcotic Procedure for  
Chronic Knee Pain

Chronic knee osteoarthritis (OA) is one of the most common diseases of advanced age. With up to 2.2 million adults in Australia suffering from OA of the knee, close to 52,000 cases progress to total knee joint replacement.<sup>4</sup>

Surgery isn't for everyone. That's why we focus our efforts on trying to bring Cooled Radiofrequency Treatment, an effective, non-surgical option within reach of those suffering from chronic pain.

1. Bellini M, et al. Cooled radiofrequency system relieves chronic knee osteoarthritis pain: the first case-series, *Anaesthesiology Intensive Therapy*. 2015, vol. 47, no 1, 30-33
2. Menzies RD et al, Analgesia and Improved Performance in a Patient Treated by Cooled Radiofrequency for Pain and Dysfunction Postbilateral Total Knee Replacement, *2015 World Institute of Pain, Pain Practice*, Issue 2015; 1-5.
3. Data on file. Genicular Nerve Lesioning - final study report (protocol #105-14-0001) A Prospective, Multi-Center, Randomized, Clinical Trial Evaluating the Safety and Effectiveness of Using Coolief™ Cooled Radiofrequency Probe to Create Lesions of the Genicular Nerves and Comparing Corticosteroid Injection in the Management of Knee Pain, March 2017
4. LSI-PV-OUS1514SU: Australian Surgical Procedure Volumes from 2013-2020; Life Science Intelligence, April 2015.



### Why COOLIEF<sup>®</sup> Cooled RF?

- Demonstrated pain relief
- Outpatient procedure
- Greater mobility
- Quick recovery time
- Cost-effective, no overnight hospital stay
- Minimally invasive

Avanos Medical, Inc., is a manufacturer of medical products and devices for a variety of healthcare categories including the management of pain.

**For more information, please call**

**1800 101 021 in Australia**

**0800 525 270 in New Zealand**

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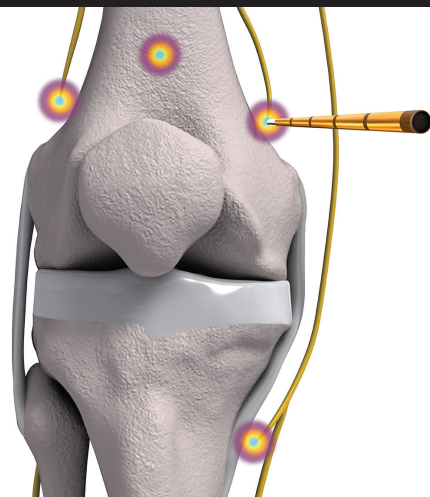
**AVANOS**

**Has Your Doctor  
Recommended  
Radiofrequency Ablation  
to Address Your  
Knee Pain?**

The following Q&A is to inform you and your family about the availability of COOLIEF<sup>®</sup> Cooled Radiofrequency for chronic knee pain.

# COOLIEF\* COOLED RADIOFREQUENCY TREATMENT

COOLIEF\*  
Cooled Radiofrequency Treatment



**“Living without pain day to day  
is such a luxury. Thank you for  
making my life more livable”**

*- W Rodgers, August 2013*

## IMAGINE WHERE LIFE COULD TAKE YOU

Chronic pain doesn't have to be met with surgery or medication. You deserve an option that's minimally invasive and offers a short recovery.

**COOLIEF\*** Cooled Radiofrequency (RF) Treatment can deliver just that. It is a minimally invasive treatment option targeting nerves that are causing pain. Current studies are demonstrating up to 12 months pain relief and functional improvement specifically for knee pain from osteoarthritis.<sup>1,2</sup>

### Q What is COOLIEF\* Cooled RF?

**A** COOLIEF\* Cooled RF is a minimally invasive, outpatient procedure that can treat chronic pain. This advanced procedure uses cooled radiofrequency energy to target the sensory nerves causing pain. COOLIEF\* circulates water through the device while heating nervous tissue to create a treatment area that is larger than conventional RF treatments.<sup>3</sup>

This combination targets the pain-causing nerves without excessive heating, leading to pain relief.<sup>3</sup>

### Q How long does the procedure take?

**A** Procedure time varies depending on your doctor and the treatment you need, but according to doctors that have performed the procedure, actual treatment time is about 2 minutes and 30 seconds per nerve treated.

### Q How soon can I go home after the treatment?

**A** Since this minimally invasive outpatient treatment requires no general anaesthesia, you should be able to return home shortly after the treatment. A responsible adult is required to be present to drive you home.

### Q Is the COOLIEF\* procedure painful?

**A** Unlike surgery, COOLIEF\* involves no incision. You may experience some discomfort at the radiofrequency site for a short period, but this discomfort can be treated with common over-the-counter medication.

### Q When can I return to my normal activities?

**A** Recommended rest will vary based on your unique needs and procedure. You can generally return to work and normal everyday activities within several days. Ask your doctor for specific information regarding your procedure.

### Q When will I begin to feel pain relief?

**A** You should begin to feel pain relief within one to two weeks. In some patients, the relief can be relatively long-lasting. In others, additional treatments may be required.

**For the specific costs associated with this procedure, and/or with any other questions, please consult with your doctor.**

Birrell, F. et. al. Association between pain in the hip region and radiographic changes of osteoarthritis: Results from a population-based study. *Rheumatology*, 2005;44:337-41.