

# ASK THE OPIOID QUESTION

“How can I  
reduce the need to  
take opioids?”

**THERE IS AN ANSWER**

EXPAREL is not recommended to be used in patients younger than 18 years old or in pregnant women.

**EXPAREL<sup>®</sup>**  
(bupivacaine liposome injectable suspension)

**OPIOID FREE**

# ASKING IS EASY

“Are there  
any alternatives  
to opioids?”

Asking your doctor the opioid question is the easiest step you can take to achieve pain control while reducing opioid use. The truth is, there *is* a way to manage postsurgical pain with fewer or no opioids.



# EXPAREL IS A NON-OPIOID OPTION THAT OFFERS LONG-LASTING PAIN RELIEF

EXPAREL starts controlling pain during surgery, so that your recovery can begin

- Only 1 dose, given by your doctor, so you have 1 less thing to manage
- Provides pain control for the first few days after surgery, when you need it most, by numbing the area on your body where your surgery was performed
- Works directly at the surgical site—unlike opioids, which affect your whole body
- Clinical trials showed patients who got EXPAREL had less need for opioids\*

\*The clinical benefit of the decrease in opioid consumption was not demonstrated in the pivotal trials.

## Indication

EXPAREL is indicated for single-dose infiltration in adults to produce postsurgical local analgesia and as an interscalene brachial plexus nerve block to produce postsurgical regional analgesia. Safety and efficacy have not been established in other nerve blocks.

## Important Safety Information

EXPAREL should not be used in obstetrical paracervical block anesthesia.

In studies where EXPAREL was injected into the wound, the most common side effects were nausea, constipation, and vomiting.

**Please refer to accompanying full Prescribing Information.**

**For more information, please visit [www.EXPAREL.com/patient](http://www.EXPAREL.com/patient) or call 1-855-RX-EXPAREL (793-9727).**

**EXPAREL<sup>®</sup>**  
(bupivacaine liposome injectable suspension)

**OPIOID FREE**

# MAKE A PAIN MANAGEMENT PLAN BEFORE SURGERY

## You have a say in how your pain is treated after surgery

We are all unique, and everyone experiences pain differently. Ask your doctor to help create a pain management plan that works for you. Your plan will be based on the type of surgery you have, the area of your body where the surgery will be performed, how much pain you can handle, your tolerance for pain medication, your overall health, and how the pain may affect your recovery.

- Women experience pain differently than men. What could this mean for you?
- Side effects from some pain medications could keep you off your feet longer than you expect
- Worried about your family having access to opioids? Drug exposure often starts at home
- Are you an oncology patient? Avoiding opioids may benefit your recovery

### **Important Safety Information** (continued)

In studies where EXPAREL was injected near a nerve, the most common side effects were nausea, fever, and constipation.

EXPAREL is not recommended to be used in patients younger than 18 years old or in pregnant women.

Tell your healthcare provider if you have liver disease, since this may affect how the active ingredient (bupivacaine) in EXPAREL is eliminated from your body.

**Please refer to accompanying full Prescribing Information.**


**For more information, please visit [www.EXPAREL.com/patient](http://www.EXPAREL.com/patient) or call 1-855-RX-EXPAREL (793-9727).**

### **EXPAREL can provide relief after all kinds of surgeries, including**

- General surgery (eg, colon, stomach, hernia, kidney, weight loss)
- Orthopedic surgery (eg, knee, hip, spine, foot, ankle, shoulder, hand, sports)
- Oral surgery (eg, wisdom teeth, jaw)
- Obstetric/gynecologic surgeries (eg, hysterectomy, fibroid, breast, cesarean delivery)

Don't see your surgery here? EXPAREL may still be an option. Talk with your doctor to learn more.



A close-up portrait of a middle-aged man with a grey beard and glasses, smiling. The image is overlaid with a semi-transparent green filter. The text is positioned on the left side of the image.

# ASK THE OPIOID QUESTION

“Are there  
non-opioid options  
for my surgery?”

**EXPAREL<sup>®</sup>**  
(bupivacaine liposome injectable suspension)

OPIOID FREE

# CONCERNED ABOUT TAKING OPIOIDS?

ASK ABOUT EXPAREL



# OPIOIDS AND NARCOTICS: 2 NAMES FOR THE SAME PRESCRIPTION PAINKILLERS, WITH THE SAME RISKS

Many people get opioids after surgery, but opioids are not always the best option

The side effects of opioids may hold back your recovery

- Opioids can cause nausea, vomiting, and constipation
- Opioids can make you feel drowsy or confused

Opioids can have long-term effects, including abuse and long-term use

- Over 50 million people have reported using prescription drugs for non-medical reasons at least once
- 1 in 15 patients who took an opioid after surgery became a long-term user
  - Some develop a tolerance and need higher doses over time

## **Important Safety Information** (continued)

EXPAREL should not be injected into the spine, joints, or veins.

The active ingredient in EXPAREL:

- Can affect your nervous system and your cardiovascular system
- May cause an allergic reaction
- May cause damage if injected into your joints
- Can cause a rare blood disorder

**Please refer to accompanying full Prescribing Information.**

**For more information, please visit [www.EXPAREL.com/patient](http://www.EXPAREL.com/patient) or call 1-855-RX-EXPAREL (793-9727).**

**EXPAREL<sup>®</sup>**  
(bupivacaine liposome injectable suspension)

**OPIOID FREE**

# ASK THE OPIOID QUESTION

## THERE IS AN ANSWER

### Indication

EXPAREL is indicated for single-dose infiltration in adults to produce postsurgical local analgesia and as an interscalene brachial plexus nerve block to produce postsurgical regional analgesia. Safety and efficacy have not been established in other nerve blocks.

### Important Safety Information

EXPAREL should not be used in obstetrical paracervical block anesthesia. In studies where EXPAREL was injected into the wound, the most common side effects were nausea, constipation, and vomiting. In studies where EXPAREL was injected near a nerve, the most common side effects were nausea, fever, and constipation. EXPAREL is not recommended to be used in patients younger than 18 years old or in pregnant women. Tell your healthcare provider if you have liver disease, since this may affect how the active ingredient (bupivacaine) in EXPAREL is eliminated from your body. EXPAREL should not be injected into the spine, joints, or veins.

The active ingredient in EXPAREL:

- Can affect your nervous system and your cardiovascular system
- May cause an allergic reaction
- May cause damage if injected into your joints
- Can cause a rare blood disorder

**Please refer to accompanying full Prescribing Information.**

**For more information, please visit [www.EXPAREL.com/patient](http://www.EXPAREL.com/patient) or call 1-855-RX-EXPAREL (793-9727).**

**VISIT [WWW.EXPAREL.COM/PATIENT](http://WWW.EXPAREL.COM/PATIENT) FOR MORE INFORMATION.**



©2019 Pacira BioSciences, Inc.  
Parsippany, NJ 07054 PP-EX-US-5148 11/19

**EXPAREL<sup>®</sup>**  
(bupivacaine liposome injectable suspension)

**OPIOID FREE**