

OPTIMIZING YOUR RECOVERY AFTER SURGERY

REMEMBER, YOUR PHYSICIAN HAS CHOSEN AN OPIOID-MINIMIZING APPROACH TO HELP IMPROVE YOUR RECOVERY WHILE ALSO CONTROLLING PAIN

After surgery, the goal is to control your pain while also allowing you to be actively engaged in recovery (by walking, eating, moving, etc) as early as possible. Some pain during this time may be expected, but everyone experiences pain differently. Here are a few reminders about how best to manage your pain after surgery.

- Follow the postsurgical orders given at discharge
- Be sure to communicate any unmanageable pain you are feeling to your health care team
- Try to specifically identify the source and type of pain you are experiencing
 - Is the pain at the surgical area or in another part of your body?
 - Is it deep/throbbing?
- It is common practice for doctors to use several different types of medications, such as acetaminophen and/or ibuprofen, to manage pain, swelling, etc, in addition to EXPAREL



EXPAREL is a long-lasting, non-opioid, numbing medication used to help reduce pain. It is given during your procedure as part of an opioid-minimizing approach to control pain after surgery.



EXPAREL 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.



EXPAREL can reduce or eliminate the need for opioids after surgery.* Opioids may cause sleepiness (sedation), constipation, and nausea and/or vomiting, which can negatively impact your recovery after surgery.

More than 7 million patients have received EXPAREL since 2012

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

In the event you need to see a health care provider other than your surgeon or anesthesiologist, let them know you received EXPAREL as part of your surgery. Avoid additional use of local anesthetics within 96 hours following administration of EXPAREL.

For HCP/office use only

Date administered: _____ **Time administered:** _____ **Dose administered:** _____

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.

Please see Important Safety Information on reverse and full Prescribing Information at www.EXPAREL.com/risks.

For more information, please visit www.EXPAREL.com/patient or call 1-855-793-9727.

**NON-OPIOID
EXPAREL®**
(bupivacaine liposome injectable suspension)

If my doctor gives me a prescription for an opioid, can I wait to fill it? Yes, you can wait to fill it. Remember to use the opioids prescribed only if severe pain persists and all other pain management options have failed. Talk to your doctor about your options.



If you fill an opioid prescription, and no longer need them to control pain after surgery, dispose of any leftover opioids at a drug take-back program or safe drop site.*

PAIN MANAGEMENT GUIDE		
How intense is my pain?	MILD PAIN	MEDICATION OPTIONS
	<ul style="list-style-type: none"> • Hardly notice/no interference with daily routine • Notice pain and is a distraction, but can function normally 	<ul style="list-style-type: none"> • Non-medication therapies + non-opioid oral medications
	MILD TO MODERATE PAIN	MEDICATION OPTIONS
	<ul style="list-style-type: none"> • Interferes with daily routine • Pain is on my mind more than normal 	<ul style="list-style-type: none"> • Non-medication therapies + non-opioid oral medications
	SEVERE PAIN	MEDICATION OPTIONS
	<ul style="list-style-type: none"> • Cannot focus on daily activities because of pain intensity • Pain is as bad as it can be, nothing else matters 	<ul style="list-style-type: none"> • Non-medication therapies + non-opioid oral medications + opioids

REMINDERS: YOUR PAIN MANAGEMENT GUIDE		
Non-medication therapies (mild pain)	<input type="checkbox"/> Ice <input type="checkbox"/> Complementary therapies (such as acupuncture)	Notes:
	<input type="checkbox"/> Rehabilitation therapies <input type="checkbox"/> Exercise	
Non-opioid oral medications (mild to moderate pain)	<input type="checkbox"/> Acetaminophen (TYLENOL®)	
	<input type="checkbox"/> Non-steroidal anti-inflammatory drugs (NSAIDs)	
	<input type="checkbox"/> Aspirin <input type="checkbox"/> Ibuprofen (Advil®, Motrin®)	
	<input type="checkbox"/> Naproxen (Aleve®) <input type="checkbox"/> Celecoxib (Celebrex®)	
	<input type="checkbox"/> Nerve pain medications	
	<input type="checkbox"/> Gabapentin (Neurontin®) <input type="checkbox"/> Pregabalin (Lyrica®)	
Opioids (severe pain)	<input type="checkbox"/> Tramadol (Ultram®)	
	<input type="checkbox"/> Acetaminophen and codeine (TYLENOL #3 or #4)	
	<input type="checkbox"/> Hydrocodone and acetaminophen (Norco®, Vicodin®, Lorcet®)	
	<input type="checkbox"/> Morphine	
	<input type="checkbox"/> Hydromorphone (Dilaudid®)	
	<input type="checkbox"/> Oxycodone (OxyContin®)	
	<input type="checkbox"/> Oxycodone and acetaminophen (Percocet®, Endocet®)	

*Find local safe drop sites by visiting: <https://www.fda.gov/drugs/disposal-unused-medicines-what-you-should-know/drug-disposal-drug-take-back-locations>. All products, names, and brands are the property of their respective owners.

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; and can cause a rare blood disorder.

Please see full Prescribing Information at www.EXPAREL.com/patient.

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