



EXPAREL[®]
(bupivacaine liposome injectable suspension)

OPIOID FREE

FOR PAIN RELIEF AFTER
SHOULDER SURGERY:

**HOW CAN
EXPAREL
HELP ME?**

Please see Indication and Important Safety Information
on page 9 and refer to accompanying full
Prescribing Information.

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

YOU'RE HAVING SHOULDER SURGERY: WHAT YOU SHOULD KNOW ABOUT MANAGING PAIN

It is important that you understand what to expect as you recover and how your pain after surgery will be managed. Remember that you have a say in how your pain is treated after surgery. Talk with your doctor about putting together a pain management plan with medications that are best for you. The 2 main types of pain medications that doctors often use include opioids and non-opioids. When you talk with your doctor, make sure to talk about any concerns you may have about opioid medications.

Ask your doctor about non-opioid choices for pain relief.

EXPAREL®
(bupivacaine liposome injectable suspension)

OPIOID FREE

What should you know about opioid pain medications?

Opioids are often used to provide pain control after surgery. While these medications can reduce pain, they can also have side effects, such as nausea, vomiting, and constipation. As many as 1 in 4 people experience nausea.¹ Opioids can make you feel drowsy or confused. For some people, their body can get used to opioids over time; this is called tolerance. They may need higher doses of opioids to get the same kind of relief. This tolerance can increase their risk of long-term use or dependence.^{1,2}

What should you know about non-opioid pain medications?

Non-opioid medications also reduce pain, but without the risk of opioid side effects or opioid dependence. There are 2 types of non-opioids that are commonly used by doctors: systemic medications and local anesthetics.

Systemic medications work on the whole body, not just where you feel pain. These include acetaminophen (Tylenol®) and non-steroidal anti-inflammatory drugs (NSAIDs), such as aspirin, celecoxib (eg, Celebrex®), ibuprofen (eg, Advil®, Motrin®), and naproxen (eg, Aleve®, Naprosyn®).

Local anesthetics, such as EXPAREL, work directly at the surgical site to numb the nerves that cause pain. What makes EXPAREL unique is that it slowly releases a local anesthetic, bupivacaine, over time to provide prolonged pain relief.

What should you know about EXPAREL?

EXPAREL is an alternative to opioids that offers long-lasting pain relief. It can be injected into your shoulder before or at the end of surgery by your orthopedic surgeon. EXPAREL can also be injected as a nerve block by an anesthesiologist to numb the nerves in your shoulder. As a result, the need for opioid medications during your recovery may be reduced or eliminated.*

*The clinical benefit of the decrease in opioid consumption was not demonstrated in the pivotal trials. All products, names, and brands are the property of their respective owners.

Please see Indication and Important Safety Information on page 9 and refer to accompanying full Prescribing Information.

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

KNOW WHAT TO EXPECT WITH EXPAREL

EXPAREL is given as one dose before or during your surgery. EXPAREL works by slowly delivering a local anesthetic called bupivacaine into your shoulder. Your doctor can give EXPAREL as a nerve block, or inject EXPAREL directly into the shoulder. When given as a nerve block, EXPAREL numbs the nerves of the shoulder to block the pain, similar to the novocaine given to you by your dentist for an oral surgery. This temporary numbness will help to ensure your pain is controlled for the first few days after surgery, when you need it most.

Ask your doctor how EXPAREL can help you in your recovery.

EXPAREL®
(bupivacaine liposome injectable suspension)

OPIOID FREE

How does EXPAREL work?

EXPAREL numbs the pain in the area on your body where your surgery is performed by slowly releasing bupivacaine. There are 2 ways EXPAREL can be given to control your pain.

Type of EXPAREL administration	What happens
Nerve block	<ul style="list-style-type: none">• Injected by an anesthesia provider, often before surgery, next to the nerves in your shoulder. An ultrasound may also be used to ensure EXPAREL is injected into the right place• As a result of the nerve block, you will have temporary numbness of your shoulder, arm, and hand• You will feel tingling as sensation returns to your arm, which is normal• Your pain will continue to be controlled even after you feel sensation return to your arm
Injection	<ul style="list-style-type: none">• Injected by your orthopedic surgeon before or at the close of surgery, directly at the surgical site, or within the incision• Pain is controlled in your shoulder where your surgery was performed

In clinical trials, patients who received EXPAREL had effective pain control and did not need as many opioids. Some of these patients were even able to remain opioid free during their recovery.

Does EXPAREL have side effects?

Some people who were given EXPAREL or other pain medications in the clinical trials experienced side effects. These included nausea, vomiting, and/or constipation. Speak with your doctor right away if you experience any of these or if you have other questions regarding any side effects.

Please see Indication and Important Safety Information on page 9 and refer to accompanying full Prescribing Information.

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

Glossary

Anesthesiology provider

This can be an anesthesiologist or a nurse anesthetist. One of these providers will be performing the nerve block for your shoulder surgery.

Bupivacaine

An anesthetic numbing agent, similar to novocaine you may receive at the dentist, that blocks the nerve impulses that send pain signals to your brain. Bupivacaine is the main ingredient in EXPAREL.

Local anesthetics

Targeted medications, such as EXPAREL, that work directly at the surgical site to numb the nerves that cause pain.

Nerve block

A type of administration in which a local anesthetic, such as EXPAREL, is injected near a nerve to block pain.

Non-steroidal anti-inflammatory medications

Non-opioid medications such as aspirin, celecoxib (eg, Celebrex®), ibuprofen (eg, Advil®, Motrin®), and naproxen (eg, Aleve®, Naprosyn®) that help to relieve pain.

Systemic medications

Medications that work on your whole body, not just where you feel pain.

Ultrasound

A type of imaging that uses high-frequency sound waves to look at organs and structures inside the body which is often used for nerve blocks.

Please see Indication and Important Safety Information on page 9 and refer to accompanying full Prescribing Information.

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

Your pain management plan

Complete this form, then detach it and share it with your doctor. Together, you and your doctor can personalize your pain management plan.

My preferences

- ☐ I want to learn more about how EXPAREL can help manage my pain after surgery.
- ☐ I would like to avoid taking opioids (narcotics) whenever possible.
- ☐ I want to avoid becoming dependent on my pain medication.

My questions

- ☐ When do I start physical therapy?
- ☐ Can I have my pain after surgery managed without opioids? What non-opioid choices do I have?
- ☐ How much discomfort is usually associated with this surgery?
- ☐ What level of pain should I expect in the first few days and weeks after my surgery?
- ☐ When I go home, will I experience pain that disrupts my daily routine?
- ☐ What else can I do to help in my recovery?

Please see Indication and Important Safety Information on page 9 and refer to accompanying full Prescribing Information.

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

Notes

[illegible]

Please see Indication and Important Safety Information on page 9 and refer to accompanying full Prescribing Information.
For more information, please visit www.EXPAREL.com/patient or call 1-855-RX-EXPAREL (793-9727).

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; and can cause a rare blood disorder.

Please refer to accompanying full Prescribing Information.
For more information, please visit www.EXPAREL.com/patient or call 1-855-RX-EXPAREL (793-9727).

FOR PAIN RELIEF AFTER
SHOULDER SURGERY:

HOW CAN EXPAREL HELP ME?

EXPAREL[®]
(bupivacaine liposome injectable suspension)

OPIOID FREE

- **EXPAREL** is an alternative to opioids that provides lasting pain relief after surgery
- **EXPAREL** slowly releases bupivacaine to give you long-lasting pain relief for the first few days after surgery, when you need it most to help reduce or eliminate the need for opioid medications
- **EXPAREL** is given right where you have your surgery (known as “infiltration”) or next to the nerve of your shoulders (known as a “nerve block”). Both ways help to control your pain after surgery

Please see Indication and Important Safety Information on page 9 and refer to accompanying full Prescribing Information.

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