

**EXPAREL®**  
(bupivacaine liposome injectable suspension)

**MAKE BETTER POSSIBLE**

# How to introduce EXPAREL to your patients



Please see Important Safety Information on pages 4 and 5  
and full Prescribing Information at [EXPAREL.com](https://www.exparel.com).

EXPAREL can help your patients manage their pain after surgery while reducing their exposure to opioids\*

Follow these **4 STEPS** to explain how:

## 1 Address your patients' concerns about opioid side effects and risks

- Describe how opioid-related adverse events (ORAEs) may hold patients back from recovering and returning to their normal activities<sup>1</sup>

### Common ORAEs include<sup>2</sup>



Nausea



Vomiting



Constipation



Drowsiness



Dizziness

- There's also a risk of addiction with opioids after oral surgery, even in people using them for the first time<sup>3,4</sup>
- Leftover doses may create opportunities for misuse and diversion for unintended use by others
- Oral surgery often represents the first exposure to opioids for pediatric and adolescent patients, so they need to have their treatment monitored by an adult<sup>5</sup>

## 2 Assure your patients that pain can be managed effectively without opioids

Pain is often the biggest concern for patients after surgery, especially during their recovery at home<sup>6</sup>

**>60%** of patients have dental fear—and pain is the #1 reason why<sup>6</sup>

- An opioid-sparing pain management plan can help patients get back to their lives as soon as possible

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## 3 Explain the reasons why you offer EXPAREL to enhance recovery

- Avoids ORAEs and additional concerns as a non-addictive, non-opioid medicine
- Delivers pain control directly at the surgical site, exactly where it is needed
- Patients may need fewer or no opioids at all<sup>7\*</sup>

**Provides long-lasting pain control for the first few days after surgery<sup>7†</sup>**

## 4 Describe how EXPAREL fits into their pain management plan and helps minimize opioid use\*

- Their plan will include EXPAREL at the time of surgery, along with other pain medications, like non-steroidal anti-inflammatory drugs (NSAIDs), before and after

### Example pain management plan

Presurgery	Surgery	Postsurgery
NSAIDs	Anesthesia	Non-opioid analgesics
	Nerve block	NSAIDs
	Local infiltration	

- EXPAREL is given in 1 dose** directly at the target area during surgery
- EXPAREL numbs only the area where it is injected** and stays there

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

†Primary efficacy outcome was measured as AUC of numeric rating scale (0-10) for pain at 48 hours. Pain at 24 and 72 hours were secondary outcomes (intent-to-treat population: N=150).

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# Indication and Important Safety Information

## INDICATION

EXPAREL is indicated for single-dose infiltration in patients aged 6 years and older to produce postsurgical local analgesia and in adults 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 is contraindicated in obstetrical paracervical block anesthesia.

Adverse reactions reported in adults with an incidence greater than or equal to 10% following EXPAREL administration via infiltration were nausea, constipation, and vomiting; adverse reactions reported in adults with an incidence greater than or equal to 10% following EXPAREL administration via interscalene brachial plexus nerve block were nausea, pyrexia, and constipation.

Adverse reactions with an incidence greater than or equal to 10% following EXPAREL administration via infiltration in pediatric patients six to less than 17 years of age were nausea, vomiting, constipation, hypotension, anemia, muscle twitching, vision blurred, pruritus, and tachycardia.

If EXPAREL and other non-bupivacaine local anesthetics, including lidocaine, are administered at the same site, there may be an immediate release of bupivacaine from EXPAREL. Therefore, EXPAREL may be administered to the same site 20 minutes after injecting lidocaine.

EXPAREL is not recommended to be used in the following patient populations: patients <6 years old for infiltration, patients younger than 18 years old for interscalene brachial plexus nerve block, and/or pregnant patients.

Because amide-type local anesthetics, such as bupivacaine, are metabolized by the liver, EXPAREL should be used cautiously in patients with hepatic disease.

## Warnings and Precautions Specific to EXPAREL

Avoid additional use of local anesthetics within 96 hours following administration of EXPAREL.

EXPAREL is not recommended for the following types or routes of administration: epidural, intrathecal, regional nerve blocks **other than interscalene brachial plexus nerve block**, or intravascular or intra-articular use.

The potential sensory and/or motor loss with EXPAREL is temporary and varies in degree and duration depending on the site of injection and dosage administered and may last for up to 5 days, as seen in clinical trials.

## Warnings and Precautions for Bupivacaine-Containing Products

**Central Nervous System (CNS) Reactions:** There have been reports of adverse neurologic reactions with the use of local anesthetics. These include persistent anesthesia and paresthesia. CNS reactions are characterized by excitation and/or depression.

**Cardiovascular System Reactions:** Toxic blood concentrations depress cardiac conductivity and excitability, which may lead to dysrhythmias, sometimes leading to death.

**Allergic Reactions:** Allergic-type reactions (eg, anaphylaxis and angioedema) are rare and may occur as a result of hypersensitivity to the local anesthetic or to other formulation ingredients.

**Chondrolysis:** There have been reports of chondrolysis (mostly in the shoulder joint) following intra-articular infusion of local anesthetics, which is an unapproved use.

**Methemoglobinemia:** Cases of methemoglobinemia have been reported with local anesthetic use.

**Full Prescribing Information is available at EXPAREL.com.**

**References:** 1. Little A, Brower K, Keller D, Ramshaw B, Janis JE. A cost-minimization analysis evaluating the use of liposomal bupivacaine in reconstructive plastic surgery procedures. *Plast Reconstr Surg*. 2019;143(4):1269-1274. 2. Benyamin R, Trescot AM, Datta S, et al. Opioid complications and side effects. *Pain Phys*. 2008;11:S105-S120. 3. Neal TW, Hammad Y, Schlieve T. Liposomal bupivacaine: a literature review of applications in oral and maxillofacial surgery. *J Oral Maxillofac Anesth*. 2022;1:3. doi:10.21037/joma-21-22. 4. Schroeder AR, Dehghan M, Newman TB, Bentley JP, Park KT. Association of opioid prescriptions from dental clinicians for US adolescents and young adults with subsequent opioid use and abuse. *JAMA Intern Med*. 2019;179(2):145-152. 5. Okunev I, Frantsve-Hawley J, Tranby E. Trends in national opioid prescribing for dental procedures among patients enrolled in Medicaid. *J Am Dent Assoc*. 2021;152(8):622-630.e3. doi:10.1016/j.adaj.2021.04.013. 6. DentaVox: Over 60% of people worldwide suffer from dental fear, 4% have never visited a dentist. <https://www.biospace.com/article/-denta vox-over-60-percent-of-people-worldwide-suffer-from-dental-fear-4-percent-have-never-visited-a-dentist/>. Published September 13, 2018. Accessed April 4, 2023. 7. Lieblich SE, Danesi H. Liposomal bupivacaine use in third molar impaction surgery: INNOVATE study. *Anesth Prog*. 2017;64(3):127-135.

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Download the  
EXPAREL Oral  
Surgery Toolkit



**10+ MILLION PATIENTS  
AND COUNTING**

## Differentiate your practice with EXPAREL

**Promote your non-opioid approach to postsurgical pain with EXPAREL resources and educational materials**

- **Tell your patients** about your multimodal approach to pain management
- **Explain how** EXPAREL offers pain control with a reduced need for opioids
- **Use the EXPAREL Oral Surgery Toolkit** to communicate with your patients about your approach—and how EXPAREL provides long-lasting pain relief while reducing the need for opioids
- **The following resources** are available in English and Spanish
  - Oral Surgery Patient Video
  - “Ask the Opioid Question” patient brochure
  - Postsurgical patient tear pad
- **Direct patients to [EXPAREL.com/patient/oral-surgery](https://www.exparel.com/patient/oral-surgery)** to access patient resources
- **Ask your EXPAREL representative** about additional oral and maxillofacial surgery (OMFS) patient materials

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