

# OPTIMIZE YOUR RECOVERY AFTER SURGERY



Before, during, and after surgery, pain relief is important to your recovery. The goal is to control your pain so you can move easier and get back to the things you enjoy as soon as possible. See below for some of the best ways to manage your pain after surgery.

- Follow the postsurgical orders given at discharge
- Tell your healthcare team about any unmanageable pain you are experiencing
- Try to identify the specific source and type of pain you are feeling
  - Is the pain around the surgical area or in another area?
  - Is the pain deep/throbbing?

Commonly, doctors may use several different types of medicines to manage pain, swelling, and more, in addition to EXPAREL. These include acetaminophen and/or ibuprofen.



## **EXPAREL works at the site of care.**

Your doctor places EXPAREL into the surgical site at the start or end of the procedure.



**EXPAREL is long-lasting.** EXPAREL is specially designed to slowly release a medicine called bupivacaine that numbs the surgical area for an extended period of time. EXPAREL can help during the first few days after surgery when pain relief is needed the most.



**EXPAREL is not an opioid**, it can help 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.

**Have questions about EXPAREL?** Scan the code.



\*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

Contact us: \_\_\_\_\_

**Date administered:** \_\_\_\_\_ **Time administered:** \_\_\_\_\_ **Dose administered:** \_\_\_\_\_

## **Indication**

EXPAREL is indicated to produce postsurgical local analgesia via infiltration in patients aged 6 years and older and regional analgesia in adults via an interscalene brachial plexus nerve block, sciatic nerve block in the popliteal fossa, and an adductor canal block. 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](http://www.EXPAREL.com/risks).

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

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.



TRUSTED BY 13 MILLION PATIENTS

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

## PAIN MANAGEMENT GUIDE

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

## REMINDERS: YOUR PAIN MANAGEMENT GUIDE

Non-medicine therapies (mild pain)	<input type="checkbox"/> Ice <input type="checkbox"/> Complementary therapies (such as acupuncture)	Notes:
Non-opioid oral medications (mild to moderate pain)	<input type="checkbox"/> Rehabilitation therapies <input type="checkbox"/> Exercise	
Opioids (severe pain)	<input type="checkbox"/> Acetaminophen (TYLENOL®)	
	<input type="checkbox"/> Non-steroidal anti-inflammatory drugs (NSAIDs) <div> <input type="checkbox"/> Aspirin   <input type="checkbox"/> Ibuprofen (Advil®, Motrin®)           </div> <div> <input type="checkbox"/> Naproxen (Aleve®)   <input type="checkbox"/> Celecoxib (Celebrex®)           </div>	
	<input type="checkbox"/> Nerve pain medications <div> <input type="checkbox"/> Gabapentin (Neurontin®)   <input type="checkbox"/> Pregabalin (Lyrica®)           </div>	
	<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®)	

**If my doctor gives me a prescription for an opioid, can I wait to fill it?** Yes. 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.

All products, names, and brands are the property of their respective owners.



**Filled a prescription and no longer need it? Find a safe drop site near you.**

### Important Safety Information

EXPAREL should not be used in obstetrical paracervical block anesthesia.

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

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

In the study where EXPAREL was given to children, the most common side effects were nausea, vomiting, constipation, low blood pressure, low number of red blood cells, muscle twitching, blurred vision, itching, and rapid heartbeat.

EXPAREL can cause a temporary loss of feeling and/or loss of muscle movement. How much and how long the loss of feeling and/or muscle movement depends on where and how much of EXPAREL was injected and may last for up to 5 days.

EXPAREL is not recommended to be used in patients younger than 6 years old for injection into the wound, for patients younger than 18 years old for injection near a nerve, and/or in pregnant women.

Tell your health care provider if you or your child has liver disease, since this may affect how the active ingredient (bupivacaine) in EXPAREL is eliminated from the body.

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

The active ingredient in EXPAREL can affect the nervous system and the cardiovascular system; may cause an allergic reaction; may cause damage if injected into the joints; and can cause a rare blood disorder.