



# ASK THE OPIOID QUESTION

“What else is there  
for pain after surgery  
besides opioids?”

**THERE IS AN ANSWER**

*EXPAREL is not recommended to be used in patients younger than 6 years old or in pregnant women.*

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

# YOU HAVE A SAY IN MANAGING YOUR PAIN

“Are there  
any alternatives  
to opioids?”

Before undergoing surgery,  
be sure to discuss your pain  
management preferences and  
options with your doctor.





# MAKE A PAIN MANAGEMENT PLAN WITH YOUR DOCTOR BEFORE SURGERY

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.

For example:

- Women experience pain differently than men
- Side effects from some pain medication can slow recovery more than you expect
- Worried about your family having access to opioids/narcotics? Drug exposure often starts at home

Everyone experiences pain differently, so make sure you talk to your doctor about a pain management plan that is right for you.

## VOICE YOUR CONCERNS

### **I want to avoid taking opioids/narcotics.**

Opioids can cause drowsiness or fogginess, constipation, and nausea—and you might need higher doses over time. Also, opioids can become addictive or be misused by others.

### **I'm worried about the side effects of anesthesia and/or pain medications.**

Let your doctor know about any side effects you've had in the past.

### **I want to get back to normal life quickly.**

Side effects from some pain medication could make your recovery longer than you expect.

## Indication

EXPAREL® (bupivacaine liposome injectable suspension) 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.

## Important Safety Information

EXPAREL should not be used in obstetrical paracervical block anesthesia.

In studies in adults 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 1-855-793-9727.**

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# ASK THE OPIOID QUESTION

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





# THE ANSWER: NON-OPIOID EXPAREL FOR LONG-LASTING PAIN RELIEF

EXPAREL starts relieving pain during surgery, while reducing your need for opioids

- Requires 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 site where your surgery was performed
- Works directly at the surgical site, unlike opioids, which affect your whole body
- Reduces the need for opioids in both adults and children, as shown in clinical trials\*

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

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

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.

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# CONCERNED ABOUT TAKING OPIOIDS?

ASK ABOUT NON-OPIOID EXPAREL





# OPIOIDS MAY NOT BE THE BEST OPTION FOR YOU AFTER SURGERY

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

**GET A HEAD START ON  
TALKING WITH YOUR  
DOCTOR ABOUT YOUR  
PAIN RELIEF OPTIONS**

SCAN THE CODE



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

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.

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**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.**



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