

# WORRIED ABOUT PAIN AFTER ORAL SURGERY?



**OPIOIDS ARE NOT THE ONLY  
WAY TO MANAGE PAIN**

**Ask your doctor about  
opioid-free EXPAREL**

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 refer to accompanying full  
Prescribing Information.**

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

---

**OPIOID FREE**

# ARE YOU PLANNING FOR AN ORAL SURGERY?

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

OPIOID FREE

## Discuss your pain control options with your doctor

If you are having, or thinking about having, oral surgery, such as getting your wisdom teeth removed, it is natural to worry about pain. Some pain after surgery is normal, but everyone's experience with pain is different.



Your doctor may use different types of medicines to control your pain

- These medicines include narcotics (commonly known as opioids) and non-narcotics (or non-opioids)
- Using more than 1 medicine to help manage your pain can help minimize the risk of side effects

This brochure will help you understand some of your pain control options.

EXPAREL is one of the pain management options your doctor can offer.

**Talk to your doctor or surgeon to see if EXPAREL is right for you.**



## 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.

**Please refer to accompanying full Prescribing Information.**

# WHAT MEDICINES ARE USED TO MANAGE PAIN AFTER ORAL SURGERY?

Your doctor may prescribe more than 1 type of pain medication. Talk to your doctor about your pain relief options.

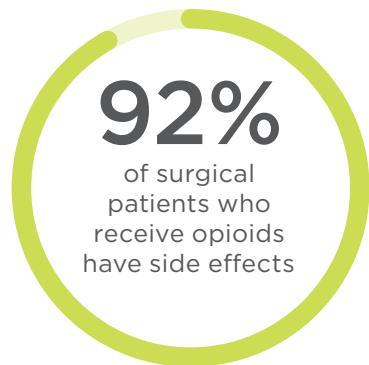
## TYPES OF OPIOIDS (NARCOTICS)

<b>SYSTEMIC</b>	Oxycodone (eg, OxyContin <sup>®</sup> , Percocet <sup>®</sup> )	These attach to nerve cells in the brain and spinal cord. There they block pain signals from reaching the brain. "Systemic" means they affect the whole body.
	Hydrocodone (eg, Vicodin <sup>®</sup> , Lortab <sup>®</sup> )	
	Hydromorphone (eg, Dilaudid <sup>®</sup> )	People may become dependent or addicted to opioids, even if they only use them for a short time.
	Meperidine (Demerol <sup>®</sup> )	
	Morphine (similar to heroin)	
	Codeine	
	Fentanyl	
	Methadone	

Opioids are not the only way to manage pain. There are non-opioid alternatives that can be just as effective.

## TYPES OF NON-OPIOIDS

<b>SYSTEMIC</b>	Aspirin	Non-steroidal anti-inflammatory drugs (NSAIDs) like Advil <sup>®</sup> and Aleve <sup>®</sup> reduce swelling, and acetaminophen works differently to manage mild to moderate pain.  These are systemic and affect the whole body, like opioids, but do not contain narcotics and are not addictive.
	Ibuprofen (eg, Advil <sup>®</sup> , Motrin <sup>®</sup> )	
	Naproxen (eg, Aleve <sup>®</sup> , Naprosyn <sup>®</sup> )	
<b>TARGETED</b>	Acetaminophen (eg, Tylenol <sup>®</sup> , Q-Pap <sup>®</sup> )	Unlike systemic medications, these work directly at the surgical site to numb the nerves that cause pain. They also do not contain narcotics and are not addictive.
	Local analgesics (eg, lidocaine)	
	<b>EXPAREL</b> , a long-acting local analgesic	



EXPAREL is a long-lasting pain reliever that is not an opioid.

EXPAREL can help control your pain and may lessen your need for opioid medicines during your recovery.\*

All products, names, and brands are the property of their respective owners.  
\*The clinical benefit of taking fewer opioids was not measured in clinical trials.

## Important Safety Information

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.

**Please refer to accompanying full Prescribing Information.**

# HOW CAN OPIOID-FREE EXPAREL HELP YOU MANAGE YOUR PAIN?

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

OPIOID FREE

**EXPAREL is an alternative to opioids that offers long-lasting pain control.**

EXPAREL starts working during your surgery—before you feel pain.



## What makes EXPAREL different?

- It works directly at the surgical site, unlike opioids, which affect the whole body
- It provides pain control for the first few days after surgery, when you need it most
- It is proven to help reduce the need for opioids (narcotics)
- It is only 1 dose and administered by your doctor, so you have one less thing to manage

## EXPAREL is an option to manage pain with fewer opioids

In clinical trials, patients who received EXPAREL were compared with those who didn't. The results:



**Patients who received EXPAREL did not have to take as many opioids.**



**Patients who received EXPAREL went a longer time before opioids were needed.**

**Ask your doctor or nurse if EXPAREL is right for you.**

## Possible Side Effects

Side effects can occur with any medication; it is important not to ignore anything you may be experiencing. Patients in clinical trials who received EXPAREL and placebo experienced:

- Nausea
- Constipation
- Vomiting

Talk with your doctor right away if you experience any of these or if you have other questions regarding side effects.

## 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

**Please refer to accompanying full Prescribing Information.**

# ASK YOUR DOCTOR ABOUT OPIOID-FREE EXPAREL



## EXPAREL is a postsurgical pain management option that:

- ✓ works directly at the surgical site, unlike opioids, which affect the whole body
- ✓ provides pain control for the first few days after surgery, when you need it most
- ✓ is proven to help reduce the need for opioids (narcotics)
- ✓ is only 1 dose and administered by your doctor, so you have one less thing to manage

## With EXPAREL, your doctor can provide pain control during your surgery, so you are ready to begin recovery.

- Be sure to follow recovery instructions given to you after surgery
- Tell your doctor about any discomfort you experience
- Remember, it is not safe to share your prescribed medicines with anyone. Keep your medicines locked away and talk to your pharmacist about throwing out any unused medicines responsibly

**Talk to your doctor or surgeon  
to see if EXPAREL is right for you.**

**This brochure cannot provide all the information about EXPAREL.**

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

**Please refer to accompanying full Prescribing Information.**

**PACIRA**  
PHARMACEUTICALS, INC.

©2018 Pacira Pharmaceuticals, Inc.  
Parsippany, NJ 07054 PP-EX-US-3732 05/18

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

**OPIOID FREE**