

OPTIMIZING YOUR RECOVERY AFTER SURGERY

REMEMBER, YOUR PHYSICIAN HAS CHOSEN AN OPIOID-MINIMIZING APPROACH TO HELP IMPROVE YOUR RECOVERY WHILE ALSO CONTROLLING PAIN

After surgery, the goal is to control your pain while also allowing you to be actively engaged in recovery (by walking, eating, moving, etc) as early as possible. Some pain during this time may be expected, but everyone experiences pain differently. Here are a few reminders about how best to manage your pain after surgery.

- Follow the postsurgical orders given at discharge
- Be sure to communicate any unmanageable pain you are feeling to your health care team
- Try to specifically identify the source and type of pain you are experiencing
 - Is the pain at the surgical area or in another part of your body?
 - Is it deep/throbbing?
- It is common practice for doctors to use several different types of medications, such as acetaminophen and/or ibuprofen, to manage pain, swelling, etc, in addition to EXPAREL



EXPAREL is a long-lasting, non-opioid, numbing medication used to help reduce pain. It is given during your procedure as part of an opioid-minimizing approach to control pain after surgery.



EXPAREL provides pain control for the first few days after surgery, when you need it most, by numbing the area on your body where your surgery was performed.



EXPAREL can 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.

More than 7 million patients have received EXPAREL since 2012

*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

Date administered: _____ **Time administered:** _____ **Dose administered:** _____

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.

Please see Important Safety Information on reverse and full Prescribing Information at www.EXPAREL.com/risks.

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

NON-OPIOID
EXPAREL®
(bupivacaine liposome injectable suspension)

