



MANAGING PAIN AFTER SHOULDER SURGERY

# WHAT TO EXPECT, WHAT TO KNOW



Please see Indication and Important Safety Information [here](#) and Full Prescribing Information at [www.EXPAREL.com/risks](http://www.EXPAREL.com/risks).



TRUSTED BY 13 MILLION PATIENTS

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

# YOUR COMFORT STARTS WITH THE RIGHT PLAN

The goal of shoulder surgery is to help you move more easily and get back to things you enjoy as soon as you can.

You may be nervous, and that's OK—it's normal to feel that way. One thing you may wonder about is if you will have pain and how that pain will be treated.

Reading this booklet and talking with your doctor will help answer your questions.



## YOUR DOCTOR HAS YOU IN MIND

Pain relief is a very important part of surgery—before, during, and after. Of course, your doctor wants you to feel as comfortable as possible. Having a plan in place ahead of time can help.

### PUTTING A PLAN IN PLACE



#### BEFORE SURGERY

Right before your surgery begins, a medicine called a local anesthetic is often used.

This medicine blocks nerves from sending pain signals to your brain during the surgery.



#### DURING SURGERY

During surgery, other pain medicines may be given. Local anesthetics may also be given to help provide relief at the source of pain.



#### AFTER SURGERY

Many types of medicine can help with pain after surgery. These can include NSAIDs (non-steroidal anti-inflammatory drugs), acetaminophen (TYLENOL®), and opioids (such as hydrocodone).

Your doctor may use some of these medicines together to avoid using too many opioids.

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# AN ADVANCED MEDICINE FOR PAIN RELIEF

EXPAREL is a local anesthetic, but it is very different from other pain medications.



**EXPAREL works at the surgery site.** Your doctor places EXPAREL into your shoulder at the start or end of the procedure.



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



**EXPAREL is not an opioid.** By working just at the site of pain, EXPAREL provides pain relief without affecting every system in your body. It does this by blocking the pain signals in your shoulder from reaching your brain.

People who have been given EXPAREL often take **less opioids** after surgery, and many feel they do not need any at all.\*

Some people who were given EXPAREL or other pain medicines in the clinical trials experienced side effects. These included nausea, vomiting, and/or constipation. When EXPAREL is injected as a nerve block, fever is also a side effect that occurs 10% or more of the time. Talk with your doctor right away if you experience any of these side effects or if you have other questions regarding them.

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

## WHAT TO EXPECT WITH EXPAREL IN THE DAYS AFTER SURGERY

EXPAREL can help you in the first few days after surgery, which is the most important time for pain relief.



### WHEN YOU FIRST WAKE UP AFTER SHOULDER SURGERY

- Your shoulder, arm, and fingers may feel numb, but that will go away
- Although you may not be able to move your arm or fingers immediately after surgery, this is only temporary



### ABOUT A DAY AFTER SURGERY

- The nerves that help with movement start to “wake up”
- Your arm will tingle as feeling returns, which is normal and will go away
- EXPAREL will keep relieving your pain even after feeling in your arm returns



### ABOUT 2 TO 3 DAYS AFTER SURGERY

- Typically, the first few days after surgery are when you feel the most discomfort
- EXPAREL is long-lasting and has been proven to reduce pain scores for up to 72 hours (3 days)<sup>†</sup>

<sup>†</sup>This timeframe pertains to certain surgeries, including shoulder.

# EXPAREL: PAIN RELIEF TO KEEP YOU COMFORTABLE

- EXPAREL is not an opioid and has been proven to reduce or delay the need to take an opioid medicine\*
- Most other options (like opioids or NSAIDs) only last for a few hours at a time. As they wear off, you can be left in pain until the next dose kicks in. EXPAREL provides steady pain relief

Opioid pain medicines may provide relief, but some people do not like taking them. They can cause side effects like nausea, vomiting, and constipation. Opioids can also make you feel sleepy or confused. Some people worry about becoming addicted to them. Others may become tolerant to opioids, which means they may have to start taking higher doses to get the same relief they did when they first took them.

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



## LONG-LASTING PAIN RELIEF AFTER SHOULDER SURGERY

- **Non-opioid** EXPAREL provides long-lasting pain relief after your surgery
- EXPAREL provides **pain relief for up to 72 hours** by slowly releasing medicine to help relieve pain over an extended period of time\*
- EXPAREL helps **reduce or avoid the need for opioid** medications†

\*This timeframe pertains to certain surgeries, including shoulder.

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

Have  
questions  
about  
EXPAREL?

Click [here](#) to  
learn more.

# INDICATION AND IMPORTANT SAFETY INFORMATION

## 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.

## 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.

**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.**