**The Role of EXPAREL® (bupivacaine liposome injectable suspension) in Postoperative Patient Care:**

**WHAT NURSES NEED TO KNOW**

EXPAREL® (bupivacaine liposome injectable suspension) is part of a multimodal analgesic strategy that reduces opioid requirements and may help patients experience a smoother recovery.

**INDICATION:**

EXPAREL is indicated for administration into the surgical site to produce postsurgical analgesia. EXPAREL has not been studied for use in patients younger than 18 years of age.¹

**FORMULATION:**

EXPAREL consists of DepoFoam® encapsulated bupivacaine suspended in saline²,³

- DepoFoam is a liposomal drug delivery technology composed of synthetic lipids that can be cleared by normal metabolic pathways from the body
- Upon administration of EXPAREL, liposomes break down to allow for gradual release of bupivacaine, which may be detected in the serum for up to 96 hours, depending on the surgical site

**MECHANISM OF ACTION:**

- Upon release from the liposomes, the bupivacaine in EXPAREL has the same mechanism of action as other available bupivacaine formulations.¹
- Onset of action will vary
- Patients receiving EXPAREL may not require as much opioid medication for pain management postoperatively.¹
- Several studies support the use of EXPAREL as part of a multimodal regimen to control postsurgical pain.⁴,⁵

**DOSING AND ADMINISTRATION:**

EXPAREL is packaged as 266 mg of bupivacaine (13.3 mg/mL) in a 20 mL vial.¹

- The maximum dose should not exceed 266 mg (20 mL)
- EXPAREL should be injected slowly into the soft tissues and with a meticulous technique that covers the entire surgical site
- A single 20 mL vial can be administered undiluted or expanded to a total volume up to 300 mL with normal saline for injection or Lactated Ringer’s solution without changing efficacy
- Formulations of bupivacaine other than EXPAREL should not be administered within 96 hours following administration of EXPAREL
- Some providers choose to utilize a short-acting local anesthetic with EXPAREL¹
  - Bupivacaine HCl may be administered in the same syringe with EXPAREL, as long as the ratio of bupivacaine HCl to EXPAREL does not exceed a ratio of 1:2
  - Non-bupivacaine local anesthetics must be administered ≥20 minutes prior to administration of EXPAREL into the same site

**DURATION:**

EXPAREL will slowly wear off over a period of days.¹

- The patient may experience pain at the surgical site as EXPAREL wears off
  - The rate of systemic absorption of bupivacaine is dependent upon the total dose of drug administered, the route of administration, and the vascularity of the administration site.¹
- EXPAREL should be used as part of a multimodal regimen that includes scheduled round-the-clock non-opioid medications in order to control postsurgical pain.⁶
- It is important to educate patients about managing pain after hospital discharge and to set appropriate expectations for recovery
- Patients should continue to take prescribed medication in order to maintain adequate pain control as the effects of EXPAREL wear off.⁶
ASSESSMENT AND EVALUATION:

The patient may have decreased sensation where the EXPAREL was administered.

- If a patient reports that he or she is in pain, conduct a thorough pain assessment.
- Thorough pain assessments should include asking the patient about the EXACT location of pain being experienced.
  - Because EXPAREL is technique dependent, informing the administrator of the pain assessment will provide valuable feedback for subsequent patients.

TOLERABILITY:

- In clinical trials, the most common adverse reactions (incidence ≥10%) following EXPAREL administration were nausea, constipation, and vomiting.

OTHER CONSIDERATIONS:

- Manifestations of local anesthetic toxicity typically appear 1 to 5 minutes after the injection, but onset may range from 30 seconds to as long as 60 minutes.
- Patients with local anesthetic toxicity may experience the following symptoms:
  - **Central nervous system symptoms:** circumoral and/or tongue numbness, metallic taste, lightheadedness, dizziness, visual and auditory disturbances (difficulty focusing and tinnitus), disorientation, drowsiness, muscle twitching, convulsions, unconsciousness, coma, respiratory depression and arrest, and cardiovascular depression and collapse.
  - **Cardiac symptoms:** chest pain, shortness of breath, palpitations, lightheadedness, diaphoresis, hypotension, and syncope.

Follow your institution’s policies regarding monitoring of cardiovascular and neurological status, as well as vital signs, after injection of local anesthetic products.

See www.exparel.com for more information and FULL PRESCRIBING INFORMATION.

For questions or to report a suspected adverse event, call 1-855-RX-EXPAREL.

IMPORTANT SAFETY INFORMATION