How can I reduce the need to take opioids?
Asking your doctor the opioid question is the easiest step you can take to achieve pain control while reducing opioid use. The truth is, there is a way to manage postsurgical pain with fewer or no opioids.

Are there any alternatives to opioids?
EXPAREL is a non-opioid option that offers long-lasting pain relief

EXPAREL starts controlling pain during surgery, so that your recovery can begin

- 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 area on your body where your surgery was performed
- Works directly at the surgical site—unlike opioids, which affect your whole body
- Clinical trials showed patients who got EXPAREL had less need for opioids*

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

**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.

**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.

For more information, please visit www.EXPAREL.com/patient or call 1-855-RX-EXPAREL (793-9727).
MAKE A PAIN MANAGEMENT PLAN BEFORE SURGERY

You have a say in how your pain is treated after surgery

We are all unique, and everyone experiences pain differently. Ask your doctor to help create a pain management plan that works for you. 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.

- Women experience pain differently than men. What could this mean for you?
- Side effects from some pain medications could keep you off your feet longer than you expect
- Worried about your family having access to opioids? Drug exposure often starts at home
- Are you an oncology patient? Avoiding opioids may benefit your recovery

**EXPAREL can provide relief after all kinds of surgeries, including**

- General surgery (eg, colon, stomach, hernia, kidney, weight loss)
- Orthopedic surgery (eg, knee, hip, spine, foot, ankle, shoulder, hand, sports)
- Oral surgery (eg, wisdom teeth, jaw)
- Obstetric/gynecologic surgeries (eg, hysterectomy, fibroid, breast, cesarean delivery)

Don’t see your surgery here? EXPAREL may still be an option. Talk with your doctor to learn more.

**Important Safety Information** (continued)

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.

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

For more information, please visit www.EXPAREL.com/patient or call 1-855-RX-EXPAREL (793-9727).
Ask the Opioid Question

“Are there non-opioid options for my surgery?”
ConCERNED ABOUT TAKING OPIOIDS?

ASK ABOUT EXPAREL
OPIOIDS AND NARCOTICS: 2 NAMES FOR THE SAME PRESCRIPTION PAINKILLERS, WITH THE SAME RISKS

Many people get opioids after surgery, but opioids are not always the best option.

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

Important Safety Information (continued)

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
- Can cause a rare blood disorder

Please refer to accompanying full Prescribing Information.

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

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
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Please refer to accompanying full Prescribing Information.
For more information, please visit www.EXPAREL.com/patient or call 1-855-RX-EXPAREL (793-9727).

VISIT WWW.EXPAREL.COM/PATIENT FOR MORE INFORMATION.