

# Managing Your Pain

Controlling pain after surgery is important for your recovery. Your surgeon may use different medications to help reduce and control your pain.



## Your Surgeon Gave You EXPAREL® (bupivacaine liposome injectable suspension)

- **EXPAREL starts working before you feel the pain**—your doctor injects it directly into the surgical site during your procedure
- **EXPAREL numbs the area around the surgical site**
- **EXPAREL is not a narcotic medication**
- **EXPAREL gives long-lasting pain control, meaning you may need fewer pain medications**

## Your Recovery

When your pain is under control, your body can better focus on healing. This is not the time to test your pain tolerance, or grin and bear it. Work with your surgeon, nurse, or physical therapist—your healthcare team—to develop a treatment plan that will make your recovery as speedy and pain-free as possible.

- Follow the postsurgical orders given to you at discharge
- Be sure to communicate any discomfort you may be feeling to your healthcare team

The benefit to patients from taking a non-narcotic pain reliever like EXPAREL, and less of a narcotic pain reliever like morphine has not been demonstrated.

EXPAREL is indicated for administration into the surgical site to produce postsurgical analgesia.

## Important Safety Information

Tell your doctor if you are pregnant, think you may be pregnant, or are considering breastfeeding; there are certain obstetrical and gynecological procedures where EXPAREL should not be used. EXPAREL has not been studied for use in patients younger than 18 years. Rarely, patients who receive bupivacaine (the active ingredient in EXPAREL) have experienced numbness and tingling in their mouth or lips, lightheadedness, anxiety, or abnormal heart rate. Speak with your doctor right away if you think you may be experiencing any of these sensations, or if you have other questions regarding possible side effects. Tell your doctor if you have severe liver or kidney disease. Products that contain bupivacaine, like EXPAREL, may cause temporary numbness in the area where bupivacaine was injected. Some patients who receive EXPAREL experience nausea, vomiting, and/or constipation. Talk to your doctor to see if EXPAREL is right for you.

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

**EXPAREL®**  
(bupivacaine liposome injectable suspension)

Date Administered: \_\_\_\_\_ Time Administered: \_\_\_\_\_ Dose Administered: \_\_\_\_\_

Formulations of bupivacaine other than EXPAREL should not be administered within 96 hours following administration of EXPAREL.