

# Concerned About Pain After Surgery?



**Talk to Your Doctor  
About Your Options  
for Reducing  
Postsurgical Pain**

**EXPAREL<sup>®</sup>**  
(bupivacaine liposome injectable suspension)  
PATIENT-FOCUSED PAIN CONTROL

# Will it Hurt?

If you're about to have surgery or if you're thinking about it, it's natural to worry about pain and its impact on your quality of life.

Some pain after surgery is normal, but everyone's experience with pain is different. People tolerate pain differently, so what's really painful to one person may be less so to someone else.

If you have any questions about pain associated with your surgery, talk with your doctor before your procedure about options to limit the discomfort you may experience afterward.



# How Will Pain After Surgery Be Treated?

Your doctor may use different types of medications to help reduce and control your pain, including narcotic and non-narcotic medications. Combining medications that work differently can help control pain in different ways. Using less of any one medication can help minimize the risk of its side effects.

If you've had any problems with pain control in the past, let your doctor know so your pain management plan can be better tailored to your needs.

This brochure will help you understand some of your options, which include a non-narcotic local analgesic that is now offered by your doctor.

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.

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# What Are the Options for Managing Pain After Surgery?



## Acetaminophen

Acetaminophen is typically used for mild to moderate pain. Although side effects are generally mild, acetaminophen can cause liver damage when used in excess.



## Aspirin

Aspirin is commonly used to relieve mild to moderate pain and can also be used to prevent blood clots. Aspirin can sometimes cause stomach upset and, in rare instances, may cause internal bleeding.



## NSAIDs

Nonsteroidal anti-inflammatory drugs, or NSAIDs, include medications such as ibuprofen and naproxen. NSAIDs help with swelling and inflammation but have been associated with bleeding or stomach problems in some patients.



## Narcotic Medications

After surgery, it's common to receive a narcotic medication (such as oxycodone, hydrocodone, or morphine), which dulls the body's overall response to pain. Your doctor may also refer to these drugs as *opioids*. You may receive a narcotic in the hospital following your surgery prior to being sent home, and/or you may be discharged with a prescription for additional narcotic medication(s) to help manage your recovery.

Narcotics are powerful pain relievers and can be important in managing some types of postsurgical pain. However, narcotics are commonly associated with nausea, constipation, vomiting, and/or sedation. Some patients may also develop tolerance and/or dependence to narcotics over time, which means they need higher doses to get the same level of relief.

## Traditional Local Anesthetics

Local anesthetics are another option to control pain. These medications numb the area around the surgical site and typically last for up to 8 hours. If your doctor wants to prolong the effect of a local anesthetic, medication may be delivered through a small tube inserted into the surgical site (known as a *catheter*). A balloon full of medication is attached to this tube so that medication drips into the wound for multiple days following surgery.

## Long-lasting Local Anesthetics

The latest, innovative option to prolong the delivery of local anesthesia is EXPAREL. A single dose of EXPAREL given during your procedure can provide long-lasting pain control without the need for any catheters or external devices.

Side effects may delay your recovery. To reduce your risk of side effects, your doctor may start you on lower doses of multiple medications.

## Important Safety Information

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.



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# Non-narcotic, Long-lasting Pain Control

Your doctor is pleased to offer EXPAREL. A single dose can help control pain and may decrease your need for narcotic medications at the start of recovery. The first few days after surgery are crucial for pain management, so you can focus on getting better.

## What Makes EXPAREL Different?

- **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**

EXPAREL can be the initial step in your postsurgical pain management plan. Usually, other pain medications will also be provided to help limit your discomfort. Most patients take a few medications so that pain is controlled in several ways. To help with your pain, your doctor may also recommend other techniques, such as rest, ice, and elevation.

## Possible Side Effects

Side effects can occur with any medication; it is important not to ignore anything you may be experiencing. Patients in clinical trials who received EXPAREL with other pain relievers experienced nausea, vomiting, and/or constipation. Speak with your doctor right away if you experience any of these most frequent side effects, or if you have other questions regarding possible side effects.

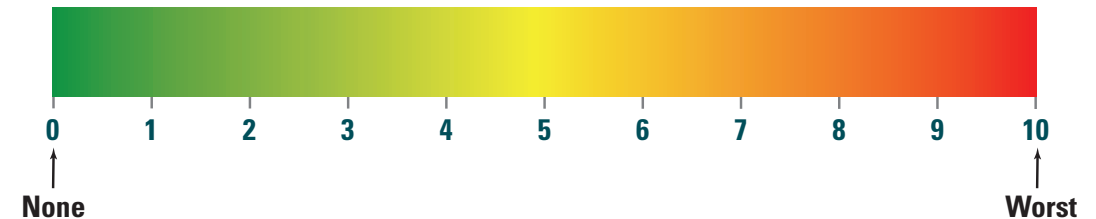
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# Stop Pain, Start Recovery

## Managing Pain Isn't Just About Comfort—Controlling It Could Help You Recover Faster

This isn't the time to grin and bear it. Your doctor, nurse, or physical therapist—your healthcare team—will do everything they can to make sure you are comfortable following surgery, so it's important to communicate with them about any discomfort you may be feeling.

You may be asked to rate your level of pain on a numbered scale from 0 to 10 like the one below. Reporting your pain helps your healthcare team know how well your treatment is working and whether any changes are necessary.



## Let Your Body Focus on Healing

Work with your healthcare team to help make your recovery as speedy and pain free as possible. Follow the postsurgical orders given to you. Surgery stresses your body; your body responds by needing more energy to heal.

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# Ask Your Doctor If EXPAREL Is Right For You

- Many options are available for pain control
- Your doctor is pleased to offer EXPAREL, which
  - Provides long-lasting pain control in one application
  - May reduce the need for other pain medications
- Be sure to follow recovery instructions given to you at discharge



**With EXPAREL, your doctor can provide pain control before the pain even starts.  
Ask your doctor or nurse about your options and about whether EXPAREL is right for you.**

**This brochure cannot provide all of the information about EXPAREL.**

**Please see accompanying full Prescribing Information.**

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



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