**Enhanced recovery goals following gynecologic procedures**

- Optimize pain management—poorly controlled postsurgical pain can result in chronic pelvic pain 1 year after surgery\(^1\)
- Accelerate mobilization\(^2\)
- Reduce hospital length of stay and readmission\(^3\)

**Current opioid analgesic approach can complicate recovery after surgery**

- Elderly women with preexisting comorbidities are particularly at risk for postsurgical adverse events that may delay recovery and discharge\(^5,6\)
  - Respiratory depression: contributes to pulmonary edema\(^6\)
  - Postoperative urinary retention and ileus\(^3,7\)
  - Cognitive dysfunction: increased fall risk\(^5\)

**There is a growing demand to reduce postsurgical opioid use**

- The Centers for Disease Control and Prevention and The Joint Commission call for a patient-centered multimodal treatment plan, noting that the best approach may be to start with a non-opioid\(^8,9\)
- Many patients are aware of opioid-related risks and prefer non-opioid analgesic options\(^10\)

*EXPAREL is not approved to treat chronic pain and has not been clinically proven to accelerate mobilization or rehabilitation, nor decrease the risk of postsurgical complications and delays.*
**Important Safety Information**

EXPAREL is contraindicated in obstetrical paracervical block anesthesia.

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

Please see additional Important Safety Information on back and accompanying full Prescribing Information for EXPAREL.
Utilize proper administration technique for targeted analgesia

- EXPAREL should be injected slowly into soft tissues of the surgical site using a deep tissue infiltration technique with frequent aspiration to check for blood and minimize the risk of intravascular injection
  — Administer with a 25-gauge or larger-bore needle
- Since EXPAREL does not diffuse throughout tissues in the same manner as traditional bupivacaine, use a series of injections to effectively cover the surgical area

Infiltrating with EXPAREL: examples in gynecologic procedures

**Transversus abdominis plane (TAP) field infiltration**

![Image of TAP field infiltration](image)

*In a case study done on a patient undergoing an open hysterectomy, Dr. Jacob Hutchins performed an ultrasound-guided infiltration of EXPAREL into the TAP between the internal oblique and transversus abdominis muscles following procedures involving the middle or lower abdominal wall to provide a field block. EXPAREL is not indicated in nerve block.*

**Open laparoscopic/port site infiltration**

![Image of port site infiltration](image)

*In a case study done on a patient undergoing laparoscopic hysterectomy with bilateral salpingectomy, Dr. Charles Miller demonstrated that EXPAREL may also be infiltrated into each lateral port and around the umbilicus to provide postsurgical analgesia.*

**Disclaimer:** This individual experience is based on one methodology for using EXPAREL in a specific gynecologic procedure. Pacira Pharmaceuticals, Inc. recognizes that there are alternative methodologies for administering local anesthetics, as well as individual patient considerations, when selecting the dose for a specific procedure.

**Important Safety Information**

EXPAREL is not recommended for the following types or routes of administration: epidural, intrathecal, regional nerve blocks, or intravascular or intra-articular use.

Non-bupivacaine-based local anesthetics, including lidocaine, may cause an immediate release of bupivacaine from EXPAREL if administered together locally.

Please see additional Important Safety Information on back and accompanying full Prescribing Information for EXPAREL.
The clinical benefit of the decrease in opioid consumption was not demonstrated in the pivotal trials. EXPAREL is indicated for administration into the surgical site to produce postsurgical analgesia.

**Important Safety Information**

EXPAREL is contraindicated in obstetrical paracervical block anesthesia.

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

EXPAREL is not recommended to be used in the following patient population: patients <18 years old and/or pregnant patients.

Because amide-type local anesthetics, such as bupivacaine, are metabolized by the liver, EXPAREL should be used cautiously in patients with hepatic disease. Patients with severe hepatic disease, because of their inability to metabolize local anesthetics normally, are at a greater risk of developing toxic plasma concentrations.

**Warnings and Precautions Specific to EXPAREL**

EXPAREL is not recommended for the following types or routes of administration: epidural, intrathecal, regional nerve blocks, or intravascular or intra-articular use.

Non-bupivacaine-based local anesthetics, including lidocaine, may cause an immediate release of bupivacaine from EXPAREL if administered together locally. The administration of EXPAREL may follow the administration of lidocaine after a delay of 20 minutes or more. Formulations of bupivacaine other than EXPAREL should not be administered within 96 hours following administration of EXPAREL.

**Warnings and Precautions for Bupivacaine-Containing Products**

**Central Nervous System (CNS) Reactions:** There have been reports of adverse neurologic reactions with the use of local anesthetics. These include persistent anesthesia and paresthesias. CNS reactions are characterized by excitation and/or depression.

**Cardiovascular System Reactions:** Toxic blood concentrations depress cardiac conductivity and excitability which may lead to dysrhythmias sometimes leading to death.

**Allergic Reactions:** Allergic-type reactions (eg, anaphylaxis and angioedema) are rare and may occur as a result of hypersensitivity to the local anesthetic or to other formulation ingredients.

**Chondrolysis:** There have been reports of chondrolysis (mostly in the shoulder joint) following intra-articular infusion of local anesthetics, which is an unapproved use.

**Please see accompanying full Prescribing Information for EXPAREL.**

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

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**References:**


