Address concerns about opioid use

- Opioid-related side effects (i.e., nausea, vomiting, constipation) can complicate recovery after surgery\(^1,2\)
- Leftover opioids are a risk for misuse, abuse, and addiction\(^3,5\)
- Many patients are asking for non-opioid options\(^6\)

Manage patient expectations

Often, the biggest concern for your patients is experiencing pain after surgery, especially during their recovery at home. Sharing your pain management approach with your patients to show them that their pain will be well managed can help ease their concerns and have a positive impact on their overall experience.

Offer EXPAREL as an integral part of your pain management plan\(^*\)

Let your patients know that you have a multimodal pain control plan that allows for more complete pain coverage throughout their recovery, while reducing opioid use\(^7,8\)

*Your plan includes EXPAREL, a non-narcotic option, because*

- EXPAREL delivers long-lasting pain control that may help reduce the need for narcotics
- EXPAREL may help control the pain after surgery even before it starts
- With EXPAREL, you may not need to take as many narcotic pain medications after surgery, or could potentially avoid them altogether

Discuss your pain control plan

Explain that your multimodal plan includes EXPAREL.

- **IV sedation** before surgery to help calm and put you to sleep for the entire procedure\(^9\)
- **Local anesthetics** so you don’t feel any pain during the procedure\(^10\)
- **EXPAREL** given during the procedure so your postsurgical pain is controlled even before you wake up
- **Oral medications** for use only if needed during your recovery at home\(^11\)

\(^*\)EXPAREL is available for oral surgery when administered as local infiltration.

Please see Important Safety Information on the last page and the full Prescribing Information for EXPAREL here.
The materials below can help you empower your patients by giving them the information they need to make decisions about their recovery. It is important to reinforce that choosing a non-opioid option like EXPAREL for pain control after surgery can help reduce their need for opioids and let them get back to their normal activities as soon as possible.

**EXPAREL Patient Brochure:** Put this patient brochure in your waiting room so patients can learn about their pain management options.

[Download Patient Brochure](#)

**EXPAREL Patient Fact Sheet:** Give your patients this one-page handout at discharge to reinforce the impact that EXPAREL can have on their recovery.

[Download Patient Handout](#)

**EXPAREL Patient Waiting Room Video:** Download this short video to play in your waiting room, exam room, or during consultation. This video will help your patients understand how EXPAREL controls pain and how it can reduce the need for other pain medications after surgery.

[Download Patient Video](#)

For additional patient resources, visit [www.EXPAREL.com/OMFS](http://www.EXPAREL.com/OMFS).
The clinical benefit of the decrease in opioid consumption was not demonstrated in the clinical 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 $\geq 10\%$) 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 the full Prescribing Information for EXPAREL here.**

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

**References:**