

# MANAGE PAIN AFTER SHOULDER SURGERY WITH EXPAREL



The first few days after surgery is the most important time to relieve pain. To help, your doctor has decided to give you a non-opioid medicine called EXPAREL, which has been used safely in more than 13 million patients.

Unlike opioids, EXPAREL is not addictive. In fact, EXPAREL is proven to help patients use fewer opioids as they start recovery after surgery.\*

Your surgeon or anesthesiologist will use EXPAREL during your surgery. EXPAREL slowly releases a numbing medicine, bupivacaine, over time to provide long-lasting pain relief. Your doctor may also prescribe other medicine to manage pain and swelling, such as acetaminophen and/or ibuprofen.



## WHEN YOU FIRST WAKE UP FROM SHOULDER SURGERY

- Your shoulder, arm, and fingers may feel numb, but that will go away
- Although you may not be able to move your arm or fingers immediately after surgery, this is only temporary



## ABOUT A DAY AFTER SURGERY

- The nerves that help with movement start to “wake up”
- Your arm will tingle as feeling returns, which is normal and will go away
- EXPAREL will keep relieving your pain even after feeling in your arm returns



## ABOUT 2 TO 3 DAYS AFTER SURGERY

- The first few days after surgery are typically when you feel the most discomfort
- EXPAREL is long lasting and has been proven to reduce pain scores for up to 72 hours (3 days)<sup>†</sup>

Follow the instructions you are given after surgery. If you experience severe pain that limits your daily activities, let your health care team know.

Have questions about EXPAREL? Scan the code.



In the event you need to see a health care provider other than your surgeon or anesthesiologist, let them know you received EXPAREL as part of your surgery. **Avoid additional use of local anesthetics within 96 hours following administration of EXPAREL.**

For HCP/office use only

Contact us: \_\_\_\_\_

Date administered: \_\_\_\_\_ Time administered: \_\_\_\_\_ Dose administered: \_\_\_\_\_

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

<sup>†</sup>This time frame pertains to certain surgeries, including shoulder.

### Indication

EXPAREL is indicated to produce postsurgical local analgesia via infiltration in patients aged 6 years and older and regional analgesia in adults via an interscalene brachial plexus nerve block, sciatic nerve block in the popliteal fossa, and an adductor canal block. Safety and efficacy have not been established in other nerve blocks.

Please see Important Safety Information on reverse and Full Prescribing Information at [www.EXPAREL.com/risks](http://www.EXPAREL.com/risks).

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

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.



TRUSTED BY 13 MILLION PATIENTS

**EXPAREL**<sup>®</sup>  
(bupivacaine liposome injectable suspension)

## PAIN MANAGEMENT GUIDE

	MILD PAIN	MEDICINE OPTIONS
<b>How intense is my pain?</b>	<ul style="list-style-type: none"> <li>• Hardly notice/no interference with daily routine</li> <li>• Notice pain and is a distraction, but can function normally</li> </ul>	<ul style="list-style-type: none"> <li>• Non-medicine therapies + non-opioid oral medications</li> </ul>
	MILD TO MODERATE PAIN	MEDICINE OPTIONS
	<ul style="list-style-type: none"> <li>• Interferes with daily routine</li> <li>• Pain is on my mind more than normal</li> </ul>	<ul style="list-style-type: none"> <li>• Non-medicine therapies + non-opioid oral medications</li> </ul>
	SEVERE PAIN	MEDICINE OPTIONS
	<ul style="list-style-type: none"> <li>• Cannot focus on daily activities because of pain intensity</li> <li>• Pain is as bad as it can be, nothing else matters</li> </ul>	<ul style="list-style-type: none"> <li>• Non-medicine therapies + non-opioid oral medications + opioids</li> </ul>

## REMINDERS: YOUR PAIN MANAGEMENT GUIDE

<b>Non-medicine therapies (mild pain)</b>	<input type="checkbox"/> Ice <input type="checkbox"/> Complementary therapies (such as acupuncture)	<b>Notes:</b>
	<input type="checkbox"/> Rehabilitation therapies <input type="checkbox"/> Exercise	
<b>Non-opioid oral medications (mild to moderate pain)</b>	<input type="checkbox"/> Acetaminophen (TYLENOL®)	
	<input type="checkbox"/> Non-steroidal anti-inflammatory drugs (NSAIDs) <input type="checkbox"/> Aspirin <input type="checkbox"/> Ibuprofen (Advil®, Motrin®) <input type="checkbox"/> Naproxen (Aleve®) <input type="checkbox"/> Celecoxib (Celebrex®)	
	<input type="checkbox"/> Nerve pain medications <input type="checkbox"/> Gabapentin (Neurontin®) <input type="checkbox"/> Pregabalin (Lyrica®)	
<b>Opioids (severe pain)</b>	<input type="checkbox"/> Tramadol (Ultram®)	
	<input type="checkbox"/> Acetaminophen and codeine (TYLENOL® #3 or #4) <input type="checkbox"/> Hydrocodone and acetaminophen (Norco®, Vicodin®, Lorcet®) <input type="checkbox"/> Morphine <input type="checkbox"/> Hydromorphone (Dilaudid®) <input type="checkbox"/> Oxycodone (OxyContin®) <input type="checkbox"/> Oxycodone and acetaminophen (Percocet®, Endocet®)	

**If my doctor gives me a prescription for an opioid, can I wait to fill it?** Yes. Remember to use the opioids prescribed only if severe pain persists and all other pain management options have failed. Talk to your doctor about your options.

All products, names, and brands are the property of their respective owners.



**Filled a prescription and no longer need it? Find a safe drop site near you.**

### Important Safety Information

EXPAREL should not be used in obstetrical paracervical block anesthesia.

In studies in adults where EXPAREL was injected into a wound, the most common side effects were nausea, constipation, and vomiting.

In studies in adults where EXPAREL was injected near a nerve, the most common side effects were nausea, fever, headache, and constipation.

In the study where EXPAREL was given to children, the most common side effects were nausea, vomiting, constipation, low blood pressure, low number of red blood cells, muscle twitching, blurred vision, itching, and rapid heartbeat.

EXPAREL can cause a temporary loss of feeling and/or loss of muscle movement. How much and how long the loss of feeling and/or muscle movement depends on where and how much of EXPAREL was injected and may last for up to 5 days.

EXPAREL is not recommended to be used in patients younger than 6 years old for injection into the wound, for patients younger than 18 years old for injection near a nerve, and/or in pregnant women.

Tell your health care provider if you or your child has liver disease, since this may affect how the active ingredient (bupivacaine) in EXPAREL is eliminated from the body.

EXPAREL should not be injected into the spine, joints, or veins.

The active ingredient in EXPAREL can affect the nervous system and the cardiovascular system; may cause an allergic reaction; may cause damage if injected into the joints; and can cause a rare blood disorder.