

Before surgery, talk to your doctor

# Create a plan for post-surgery pain relief

Discussing your recovery goals and preferences can help you and your doctor make a personal plan to manage post-surgery pain that can include opioid-free options. Use the talking points below to help guide your conversations.

## What pain relief options may be right for me?

Some pain relievers may not be right for some people. When making a plan to manage pain, make sure your doctor knows if you:

- |                                                                                                                     |                                                                                    |
|---------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| <input type="checkbox"/> Take medications, including pain relievers, supplements, or blood thinners                 | <input type="checkbox"/> Are pregnant, trying to become pregnant, or breastfeeding |
| <input type="checkbox"/> Have allergies to medication, asthma, trouble breathing, sleep apnea, or stomach problems* | <input type="checkbox"/> Have heart, liver, or kidney disease                      |
|                                                                                                                     | <input type="checkbox"/> Have had trouble with medication in the past              |

\*This is NOT a complete list of medical conditions or considerations relevant to your pain relief options. Please be sure to discuss your individual situation with your healthcare professional and raise any questions or concerns you may have.

## Before surgery, ask:

- How much pain will I be in, and where?
- How long will my pain last?
- If I want to avoid opioids, what are my options?
- What side effects can I expect from my pain medication?
- Are there non-medicine therapies that can help me manage pain?
- Do I need to stop or change any of my medications?

## At or after discharge, ask:

- How will I manage my pain at home?
- How long will I need to be on pain medication?
- What should I do if my pain isn't getting better?
- If I am feeling better, do I need to continue to take my prescription?

Notes:

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*Ask your doctor for effective, opioid-free post-surgery pain relief.*

**To learn more about [TYLENOL®](#) and [EXPAREL](#), visit [MySurgeryPainPlan.com](#).**

# Know your options for post-surgery pain relief

After surgery, some patients may experience pain. Managing post-surgery pain can help you get back to your normal routine. A plan for pain that includes opioid-free and non-medicine treatments can help you use fewer opioids for a shorter amount of time.

Talk to your doctor about your pain relief options\*

OPIOID	Why they may be used†	Consider before use†
<b>Oxycodone</b> OxyContin® Percocet® <b>Hydrocodone</b> Vicodin® <b>Meperidine</b> Demerol®	<b>Hydromorphone</b> Dilaudid® <b>Morphine</b> <b>Codeine</b> <b>Fentanyl</b> <b>Methadone</b>	<ul style="list-style-type: none"> <li>✓ Effective for short-term or long-term, severe pain that cannot be treated with other medications</li> <li>✓ Available in multiple forms (injectable, skin patch, and pill)</li> </ul>
		<ul style="list-style-type: none"> <li>✗ May cause nausea, vomiting, constipation, and sleepiness</li> <li>✗ Should be taken exactly as prescribed to avoid possible addiction</li> <li>✗ May not be easily accessible because a prescription is needed</li> </ul>

OPIOID-FREE	Why they may be used†	Consider before use†
<b>During surgery</b>  <b>EXPAREL (prescription)</b>	<ul style="list-style-type: none"> <li>✓ Releases at the source of pain for several days post surgery</li> <li>✓ Conveniently injected into surgical site at time of surgery</li> <li>✓ Clinically proven to reduce the need for opioids post surgery</li> </ul>	<ul style="list-style-type: none"> <li>✗ May cause nausea, constipation, and vomiting</li> <li>✗ Requires planning with your doctor before surgery because it cannot be given after the procedure is complete</li> <li>✗ Your surgeon may not know you want an opioid-free option</li> </ul>
<b>Post-surgery</b>  <b>Acetaminophen (over-the-counter)</b> TYLENOL®	<ul style="list-style-type: none"> <li>✓ Temporarily relieves minor aches and pains</li> <li>✓ Taken orally</li> <li>✓ May be appropriate for people on aspirin heart therapy or certain high blood pressure medications</li> <li>✓ Gentle on the stomach</li> </ul>	<ul style="list-style-type: none"> <li>✗ Severe liver damage may occur if you take in large amounts (&gt;4000 mg in 24 hours) or with other drugs containing acetaminophen</li> </ul>
<b>NSAIDs‡ (over-the-counter)</b> Ibuprofen: MOTRIN®, Advil® Naproxen sodium: Aleve® Aspirin	<ul style="list-style-type: none"> <li>✓ Temporarily relieves minor aches and pains</li> <li>✓ Taken orally</li> </ul>	<ul style="list-style-type: none"> <li>✗ Non-aspirin NSAIDs increase the risk of heart attack, heart failure, and stroke</li> <li>✗ All NSAIDs, even ibuprofen, may cause severe stomach bleeding</li> <li>✗ Ibuprofen may interfere with aspirin heart therapy</li> </ul>

Ask your healthcare professional if any non-medicine options can help with your post-surgery pain.

Ask your doctor for effective, opioid-free post-surgery pain relief. To learn more about **TYLENOL®** and **EXPAREL**, visit [MySurgeryPainPlan.com](http://MySurgeryPainPlan.com).

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

**TYLENOL®**

\*These are not all pain reliever options available; your healthcare professional may suggest other types.

†This is NOT a complete list of considerations or warnings for these products. You should always read and follow the appropriate product label and talk to your healthcare professional if you have any questions or concerns.

‡Non-steroidal anti-inflammatory drugs.

Learn more about **EXPAREL**, a long-lasting, **opioid-free**, pain relief option

Visit [MySurgeryPainPlan.com](http://MySurgeryPainPlan.com)

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(bupivacaine liposome injectable suspension)  
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## Indication

EXPAREL (bupivacaine liposome injectable suspension) is indicated for single-dose infiltration in adults to produce postsurgical local analgesia and as an interscalene brachial plexus nerve block to produce postsurgical regional analgesia. Safety and efficacy have not been established in other nerve blocks.

## Important Safety Information

EXPAREL should not be used in obstetrical paracervical block anesthesia. In studies where EXPAREL was injected into the wound, the most common side effects were nausea, constipation, and vomiting. In studies where EXPAREL was injected near a nerve, the most common side effects were nausea, fever, and constipation. EXPAREL is not recommended to be used in patients younger than 18 years old or in pregnant women. Tell your healthcare provider if you have liver disease, since this may affect how the active ingredient (bupivacaine) in EXPAREL is eliminated from your body. EXPAREL should not be injected into the spine, joints, or veins. The active ingredient in EXPAREL can affect your nervous system and your cardiovascular system; may cause an allergic reaction; may cause damage if injected into your joints.