

### What is Exparel®?

- EXPAREL®: is a medicine injected into the body to decrease pain after surgery by numbing the surgical site.
- EXPAREL®: can help with long-lasting pain control, which means your child will need less pain medications by mouth.
- EXPAREL®: is not an opioid or an addictive medication.



### Your Child's Recovery

When your or your child's pain is under control, the body can better focus on healing. This will make you or your child's recovery easier.

- Follow the post-surgical orders given to you at discharge.
- Talk to your doctor or nurse about any pain you may feel after surgery.
- Keep the blue hospital wristband on for 4 days (96 hours) from the date EXPAREL® was given.

### Important Safety information

Other types of local anesthetics (numbing medications) such as Ropivacaine, Bupivacaine, and Lidocaine should **not** be given within 4 days (96 hours) after an injection of EXPAREL®.

Date Given: \_\_\_\_\_ Time Given: \_\_\_\_\_ Dose Given: \_\_\_\_\_

Do Not take off the wristband until Date: \_\_\_\_\_ at time: \_\_\_\_\_

### Side-effects

Rarely (not very often), 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. Call 911 first, and then the Pain Medicine Team right away if you think you are having any of these symptoms, or if you have other questions about possible side effects.

Rarely, some patients who receive EXPAREL® can experience nausea, vomiting and/or constipation (hard to poop).

If you have any questions about EXPAREL please contact the Pain Medicine Team at (323) 361-7686.