



Post-Operative Instructions

EXPAREL® Long-Acting Local Anesthetic for Non-Opioid Pain Control

You received a local anesthetic called **Exparel® (bupivacaine liposome injectable suspension)** during your dental procedure.

Exparel provides extended pain relief for up to **72–96 hours (3–4 days)**, allowing you to recover more comfortably while minimizing the need for narcotic pain medications.

What to Expect

- Exparel helps reduce overall pain, but it does not eliminate all discomfort. Staying on top of your prescribed pain medication schedule will make recovery much smoother.
 - Numbness may last longer than typical dental anesthesia — **up to 4 days**.
 - As sensation returns, some discomfort or “breakthrough pain” is normal.
 - The area will gradually regain normal sensation over time.
 - Some mild swelling, soreness, or bruising at the injection site can occur.
 - You may feel slight stiffness when the numbing begins to wear off.
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Pain Management at Home

- You may begin taking your prescribed or recommended pain medication **before** numbness completely subsides to stay ahead of discomfort.
 - Avoid taking any other “-caine”-based anesthetics (such as lidocaine, benzocaine, or novocaine) during the first **96 hours** after your procedure.
 - Over-the-counter medications like **ibuprofen (Advil/Motrin)** or **acetaminophen (Tylenol)** may be used as directed by your dentist.
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Safety Precautions While Numb

- Utilize caution when chewing on the numb side of your mouth until full sensation returns — this prevents accidental biting of your tongue, lip, or cheek.
 - Refrain from eating very hot foods or beverages, as you may not sense temperature accurately.
 - Continue gentle oral hygiene as instructed for your specific procedure (see separate post-op sheet if applicable).
 - Resume normal activity as comfort allows.
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Medication Identification Bracelet

A **labeled Exparel wristband** has been placed on you before leaving the clinic.

- Keep the bracelet on for **96 hours (4 days)** following your procedure.
 - It serves as a **safety reminder** for any medical providers that you have recently received a long-acting local anesthetic.
 - You may remove it after the 96-hour period has passed.
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When to Contact Parkside Dental

Call **(605) 498-4746** if you experience:

- Numbness lasting longer than 4 days
- Increasing pain, swelling, or redness at the injection site
- Fever over 100.4°F
- Any allergic-type reaction such as rash, itching, or difficulty breathing

We are here to ensure your recovery is safe and comfortable.