## FORM 4

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UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL

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OMB Number:	3235-0287
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		File	ed pursuant to Section 16(a) of the Securities Exchange Act of 1934	Estimated average burden hours per response: 0.5		
			or Section 30(h) of the Investment Company Act of 1940			
1. Name and Address of Reporting Person* <u>WINSTON ROY</u>			2. Issuer Name <b>and</b> Ticker or Trading Symbol Pacira BioSciences, Inc. [ PCRX ] -	(Check all applica Director X Officer (1	10% Owner give title Other (specify	
(Last) C/O PACIRA B 5 SYLVAN WA	(First) IOSCIENCES, II Y, SUITE 300	(Middle) <mark>NC</mark> .	3. Date of Earliest Transaction (Month/Day/Year) 03/11/2020	Ch	below) ief Clinical Officer	
			4. If Amendment, Date of Original Filed (Month/Day/Year)		int/Group Filing (Check Applicable	
(Street) PARSIPPANY	NJ	07054	_	1	d by One Reporting Person d by More than One Reporting	
(City)	(State)	(Zip)		Person		
	Ta	ble I - Non-Deriv	ative Securities Acquired, Disposed of, or Benef	icially Owned		

## Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	3. Transa Code ( 8)		4. Securities Disposed Of 5)			5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
		Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(1130.4)
Common Stock	03/11/2020	Р		2,500	Α	\$36.5	25,237(1)	D	

	Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned         (e.g., puts, calls, warrants, options, convertible securities)														
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transa Code ( 8)		5. Number on of		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				

## Explanation of Responses:

1. Includes 598 shares of common stock acquired under the issuer's employee stock purchase plan in June 2019.

## **Remarks:**

/s/ Kristen Williams, Attorney-in-Fact

03/12/2020

\*\* Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

\* If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

\*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.