FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL OMB Number: Estimated average burden hours per response: 0.5

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

| 1. Name and Address of Reporting Person* STACK DAVID M | | | | | | 2. Issuer Name and Ticker or Trading Symbol Pacira BioSciences, Inc. [PCRX] | | | | | | | | Relationship of Reporting Person(s) to Issuer (Check all applicable) | | | | | |
|--|--------|--|--|-------------------------|------------------------------|---|--------------|---|---|-------------|-----------------------|--|---------------------------------------|---|---|--|---|---|--|
| (Last) (First) (Middle) C/O PACIRA BIOSCIENCES, INC. 5 SYLVAN WAY, SUITE 300 | | | | | | 3. Date of Earliest Transaction (Month/Day/Year) 02/21/2020 | | | | | | | | X Director 10% Owner X Officer (give title Other (specify below) CEO and Chairman | | | | | |
| (Street) PARSIPPANY NJ 07054 (City) (State) (Zip) | | | | 4.1 | f Am | endme | nt, Date o | of Origina | al File | d (Month/Da | | Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person | | | | | | | |
| | | Tak | le I - No | n-Deri | vativ | e Se | curit | ties Ac | quired | l, Dis | sposed o | f, or Be | nefici | ally Owned | l | | | | |
| 1. Title of Security (Instr. 3) 2. Trans: Date (Month/I | | | | nsaction n/Day/Year) | | 2A. Deemed Execution Date, if any (Month/Day/Year) | | 3. Transaction Code (Instr. 8) | | | | d (A) or r. 3, 4 an | Beneficial Owned Fo | Forn ly (D) (| | Direct ndirect tr. 4) | 7. Nature of ndirect Beneficial Ownership | | |
| | | | | | | | | | Code | v | Amount | (A) or (D) | Price | Reported Transactio (Instr. 3 ar | Reported Transaction(s) (Instr. 3 and 4) | | | (Instr. 4) | |
| Common Stock | | | | 02/21/2020 | | , | | | М | | 19,500 | A | \$1.6 | 181, | 978 |] | D | | |
| Common Stock 0 | | | | 02/21 | 02/21/2020 | | | | M | | 16,356 | A | \$5.4 | 198,3 | 198,334 | | D | | |
| Common Stock | | | | | | | | | | | | | | 18,5 | 18,596 | | I | By Stack Schroon Mohawk FLP ⁽¹⁾ | |
| Common Stock | | | | | | | | | | | | 1,20 | 1,208 | | I | By LCK Investment LLC ⁽¹⁾ | | | |
| | | - | Table II - | | | | | | | | osed of, convertil | | | ly Owned | | | | | |
| Derivative Conversion Date | | 3. Transaction Date (Month/Day/Year) | 3A. Deem Execution if any (Month/Da | ed Date, | 4. Transa Code (8) | ction | 5. Number of | | 6. Date Exerci Expiration Dat (Month/Day/Ye | | sable and te | 7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4) | | nt 8. Price of Derivative Security | 9. Numl derivati Securiti Benefic Owned Followi Reporte Transac (Instr. 4 | ive ies cially ng ed ction(s) | 10. Ownersh Form: Direct (D or Indirec (I) (Instr. | Beneficial Ownership t (Instr. 4) | |
| | | | | | Code | v | (A) | (D) | Date Exercisa | able | Expiration Date | Title | Amour or Number of Shares | er | | | | | |
| Stock Option (Right to Buy) | \$1.61 | 02/21/2020 | | | M | | | 19,500 | (2) | | 09/02/2020 | Common Stock | 19,50 | \$0.00 | (|) | D | | |
| Stock Option (Right to Buy) | \$5.49 | 02/21/2020 | | | M | | | 16,356 | (3) | | 12/29/2020 | Common Stock | 16,35 | \$0.00 | (|) | D | | |

Explanation of Responses:

- 1. Mr. Stack is the general partner of Stack Schroon Mohawk FLP. Mr. Stack and his wife are the owners of LCK Investment LLC.
- 2. The stock option vested as to 50% of the option shares on February 2, 2011, 19,377 option shares vested on February 3, 2011, and the remaining option shares vested in successive equal monthly installments for the subsequent 19 months.
- 3. The stock option vested as to 25% of the option shares on December 29, 2011 and as to the remaining shares in successive equal monthly installments for the subsequent 36 months.

Remarks:

/s/ Kristen Williams, Attorney-02/25/2020 in-Fact

** 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.

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