FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

Washington, D.C. 20045	

Check this box if no longer subject to	
Section 16. Form 4 or Form 5	
obligations may continue. See	
Instruction 1(h)	

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

Name and Address of Reporting Person*     Riker Lauren Bullaro				2. Issuer Name and Ticker or Trading Symbol Pacira BioSciences, Inc. [ PCRX ]							neck all appl Direct	or		son(s) to Iss 10% Ov Other (s	vner			
	CIRA BIOS	rst) CIENCES, INC. EDY BOULEVA		TE 890		3. Date of Earliest Transaction (Month/Day/Year) 01/04/2022								^ below	Officer (give title below)  Senior Vice Preside			·
(Street) TAMPA (City)	FI		33609 (Zip)		4. If								6. Lir	ie) X Form Form	lual or Joint/Group Filing (Check Applicable Form filed by One Reporting Person Form filed by More than One Reporting Person			
		Tab	le I - Non	-Deriv	ative	Sec	uritie	s Ac	quired,	Dis	posed c	of, or Be	neficia	lly Owne	d			
1. Title of Security (Instr. 3)  2. Transac Date (Month/Da						Execution Date,		Code (Instr.   5)			ed (A) or str. 3, 4 an	or 5. Amount Securities Beneficially Owned Fol Reported		Form (D) o	wnership m: Direct or Indirect Instr. 4)	7. Nature of Indirect Beneficial Ownership		
										v	Amount	(A) o (D)	r Price	Transa (Instr. 3	tion(s)			(Instr. 4)
Common Stock 01/04/				/2022	2022 A 2,000 <sup>(1)</sup> A 5		\$0.0	0 15	15,152		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 Da if any (Month/Day/Y	Date,	Code (		of E		6. Date Exercisable and Expiration Date (Month/Day/Year)			7. Title and Amount of Securities Underlying Derivative Secu (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	derivativ Securitie	ve es ially ng d tion(s)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)
					Code	v	(A)		Date Exercisabl		expiration Date	Title	Amount or Number of Shares					
Stock Option (Right to	\$61.6	01/04/2022			A		5,000		(2)	0	1/04/2032	Common Stock	5,000	\$0.00	5,000	)	D	

## **Explanation of Responses:**

- 1. Represents restricted stock units that vest in four equal annual installments beginning on January 2, 2023, provided that the reporting person remains in continuous service with the issuer as of each vesting date. Each restricted stock unit represents the contingent right to receive one share of the issuer's common stock.
- 2. The stock option vests and becomes exercisable as to 25% of the option shares on December 7, 2022, and vests as to the remaining shares in successive equal quarterly installments over the subsequent three years, provided that the reporting person remains in continuous service with the issuer as of each vesting date.

## Remarks:

/s/ Kristen Williams, Attorney-in-Fact

\*\* Signature of Reporting Person

01/10/2022

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

- $^{\star}$  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.