FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington,	D.C.	20549
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APP	OMB APPROVAL								
OMB Number:	3235-0287								
Estimated average burden									
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b)

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*     WINSTON ROY						2. Issuer Name <b>and</b> Ticker or Trading Symbol Pacira BioSciences, Inc. [ PCRX ]								ck all applic Directo Officer	able) r (give title					
(Last) (First) (Middle)						3. Date of Earliest Transaction (Month/Day/Year) 06/09/2020								A below) below)  Chief Clinical Officer						
C/O PACIRA BIOSCIENCES, INC.																				
5 SYLVAN WAY, SUITE 300						4. If Amendment, Date of Original Filed (Month/Day/Year)								6. Individual or Joint/Group Filing (Check Applicable						
(Street)					-	4. II Amendment, Date of Original Flied (Month/Day/Teal)									Line)					
PARSIPI	PANY N	J	07054											X	X Form filed by One Reporting Person					
					-										Form filed by More than One Reporting Person					
(City)	(9	state)	(Zip)																	
	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																			
1. Title of Security (Instr. 3)  2. Transac Date (Month/Date)						Execution Date,		3. Transaction Code (Instr. 8)  4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 5)		ed (A) str. 3, 4	or 5. Amour Securitie Beneficia Owned F		es Form ally (D) o Following (I) (Ir		n: Direct r Indirect istr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)				
									Code	Code V Amount		(A) o (D)	r Pi	rice	Transact	ransaction(s) nstr. 3 and 4)			(11301. 4)	
Common Stock 06/09/				9/2020	/2020		A		14,000	14,000 <sup>(1)</sup> A		\$0.00	39,237			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)	erivative Conversion Date Execution Date, or Exercise (Month/Day/Year) if any		oate,	4. Transaction Code (Instr. 8)		of E		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 Exercisal		Expiration Date	Title	or	ount nber res						
Stock Option (Right to Buy)	\$47.65	06/09/2020			A		35,000		(2)		06/09/2030	Common Stock	35,	000	\$0.00	35,000	)	D		

## **Explanation of Responses:**

- 1. Represents restricted stock units that vest in four equal annual installments beginning on June 3, 2021, 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 the first anniversary of the grant date, 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, Attorneyin-Fact

\*\* Signature of Reporting Person Date

06/11/2020

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.