

Form 144

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Filer Information

Filer CIK 0001751757
Filer CCC XXXXXXXXX
Is this a LIVE or TEST Filing? LIVE TEST

Submission Contact Information

Name
Phone
E-Mail Address

144: Issuer Information

Name of Issuer Pacira BioSciences, Inc.
SEC File Number 001-35060
Address of Issuer 5401 WEST KENNEDY BOULEVARD
SUITE 890
TAMPA
FLORIDA
33609
Phone 813-553-6680
Name of Person for Whose Account the Securities are To Be Sold WINSTON ROY

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer Former Officer

144: Securities Information

Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
Common	Fidelity Brokerage Services LLC 900 Salem Street Smithfield RI 02917	31000	875858.04	46437704	11/10/2023	NASDAQ

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

Title of the Class	Date you Acquired	Nature of Acquisition	Name of Person from	Is this	Date Donor	Amount of Securities	Date of Payment	Nature of Payment *
--------------------	-------------------	-----------------------	---------------------	---------	------------	----------------------	-----------------	---------------------

	Transaction	Whom Acquired	a Gift?	Acquired	Acquired
Common	06/30/2021 ESPP Purchase	Issuer	<input type="checkbox"/>	421	06/30/2021 Cash
Common	11/04/2021 Stock Option Exercise	Issuer	<input type="checkbox"/>	10000	11/04/2021 Cash
Common	06/03/2022 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	6113	06/03/2022 Compensation
Common	06/30/2022 ESPP Purchase	Issuer	<input type="checkbox"/>	408	06/30/2022 Cash
Common	08/01/2022 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	774	08/01/2022 Compensation
Common	06/05/2023 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	2784	06/05/2023 Compensation
Common	06/06/2023 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	2705	06/06/2023 Compensation
Common	06/30/2023 ESPP Purchase	Issuer	<input type="checkbox"/>	643	06/30/2023 Cash
Common	08/01/2023 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	741	08/01/2023 Compensation
Common	10/24/2023 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	6411	10/24/2023 Compensation

* If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Nothing to Report

144: Remarks and Signature

Remarks

Date of Notice 11/13/2023

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature /s/Wade Moss, as a duly authorized representative of Fidelity Brokerage Services LLC, as attorney-in-fact for Roy S Winston

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)