| SEC Form 4 |
|------------|
|------------|

## FORM 4

Check this box if no longer subject

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL

I

| J                        |           |  |  |  |  |  |  |  |  |
|--------------------------|-----------|--|--|--|--|--|--|--|--|
| OMB Number:              | 3235-0287 |  |  |  |  |  |  |  |  |
| Estimated average burden |           |  |  |  |  |  |  |  |  |
| hours per response:      | 0.5       |  |  |  |  |  |  |  |  |

|                                       |         |                       | Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934        | Estimated average burden<br>hours per response: 0                       |                                    |  |
|---------------------------------------|---------|-----------------------|---|---|------------------------------------|--|
|                                       |         |                       | or Section 30(h) of the Investment Company Act of 1940                        |   |                                    |  |
| 1. Name and Addre                     |         | ) Person <sup>*</sup> | 2. Issuer Name and Ticker or Trading Symbol Pacira BioSciences, Inc. [ PCRX ] | 5. Relationship of I<br>(Check all applicat<br>Director<br>X Officer (g | ole)                               | on(s) to Issuer<br>10% Owner<br>Other (specify |
| (Last)<br>C/O PACIRA B<br>5 SYLVAN WA |         |                       | 3. Date of Earliest Transaction (Month/Day/Year)<br>01/06/2021                | A below)  | President                          | below)   |
| (Street)                              |         |                       | 4. If Amendment, Date of Original Filed (Month/Day/Year)                      | 6. Individual or Join<br>Line)  |                                    | , II   |
| PARSIPPANY                            | NJ      | 07054                 |   | 1   | d by One Repor<br>d by More than ( | •  |
| (City)                                | (State) | (Zip)                 |   |   |                                    |  |
|                                       |         | Table I - Non-D       | erivative Securities Acquired, Disposed of, or Bene                           | ficially Owned  |                                    |  |

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

| 1. Title of Security (Instr. 3) | 2. Transaction<br>Date<br>(Month/Day/Year) | 2A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) | 3.<br>Transa<br>Code (<br>8) |   | 4. Securities<br>Disposed Of<br>5) |               |         | 5. Amount of<br>Securities<br>Beneficially<br>Owned Following<br>Reported | (I) (Instr. 4) | 7. Nature<br>of Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |
|---------------------------------|--|---|------------------------------|---|------------------------------------|---------------|---------|---|----------------|---|
|                                 |  |   | Code                         | v | Amount                             | (A) or<br>(D) | Price   | Transaction(s)<br>(Instr. 3 and 4)  |                | (1130. 4)   |
| Common Stock                    | 01/06/2021                                 |   | <b>S</b> <sup>(1)</sup>      |   | 110                                | D             | \$60.81 | 14,000(2)   | D              |   |

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

#### Explanation of Responses:

1. The sale reported in this Form 4 was effected pursuant to a Rule 10b5-1 trading plan previously adopted by the reporting person in accordance with Rule 10b5-1 of the Securities Exchange Act of 1934. 2. Includes 110 shares of common stock acquired under the issuer's employee stock purchase plan in December 2020.

#### **Remarks:**

# /s/ Kristen Williams, Attorney-in-Fact

\*\* Signature of Reporting Person Date

01/08/2021

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.