FORM 4

## **UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

| Washington, I | D.C. 20549 |
|---------------|------------|
|---------------|------------|

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

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

**OMB APPROVAL** 3235-0287 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*  WINSTON ROY                        |  |       |                                      |                 |   | 2. Issuer Name and Ticker or Trading Symbol Pacira BioSciences, Inc. [ PCRX ] |                                |   |                         |   |   |        |  |         | ck all app<br>Direc  | tionship of Reporti<br>all applicable)<br>Director<br>Officer (give title |  | rson(s) to Is<br>10% O<br>Other (                   | wner   |  |
|--|--|-------|--------------------------------------|-----------------|---|---|--------------------------------|---|-------------------------|---|---|--------|--|---------|--|---|--|---|--------|--|
| (Last) (First) (Middle) C/O PACIRA BIOSCIENCES, INC. 5 SYLVAN WAY, SUITE 300 |  |       |                                      |                 | 3. Date of Earliest Transaction (Month/Day/Year) 11/13/2020 |   |                                |   |                         |   |   |        |  | X       | belov  | v) ``   | below)   |   | opeony |  |
| (Street) PARSIPPANY NJ 07054 (City) (State) (Zip)                            |  |       |                                      |                 | 4. If A   | 4. If Amendment, Date of Original Filed (Month/Day/Year)                      |                                |   |                         |   |   |        |  |         | 6. Individual or Joint/Group Filing (Check Applicable Line)  X Form filed by One Reporting Person Form filed by More than One Reporting Person |   |  |   |        |  |
|  |  | Table | l - Noi                              | n-Deriva        | tive S  | Secu  | rities                         | Acq                                     | uired,                  | Dis   | posed of                                  | , or E | Benef  | ficiall | y Own  | ed  |  |   |        |  |
| 1. Title of Security (Instr. 3)  2. Transac Date (Month/Da                   |  |       |                                      | ay/Year)   Exec |   | Deemed<br>ecution Date,<br>any<br>onth/Day/Year)                              |                                | 3.<br>Transaction<br>Code (Instr.<br>8) |                         | Disposed  | rities Acquired (A<br>ed Of (D) (Instr. 3 |        | A) or<br>, 4 and                             | Benefi  | ties<br>cially<br>Following  | 6. Ownership<br>Form: Direct<br>(D) or Indirect<br>(I) (Instr. 4)         |  | 7. Nature<br>of Indirect<br>Beneficial<br>Ownership |        |  |
|  |  |       |                                      |                 |   | Code  | v                              | Amount                                  | (A)<br>(D)              | or P  | rice                                      | Transa | ction(s)<br>3 and 4)                         |         |  | (Instr. 4)  |  |   |        |  |
| Common Stock 11/13/  |  |       |                                      |                 | /2020   |   |                                |   | <b>S</b> <sup>(1)</sup> |   | 5,000 D                                   |        | )  | \$62    | 34,785(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)                          | ative Conversion Date Execution Date, ity or Exercise (Month/Day/Year) if any  |       | 4.<br>Transaction<br>Code (Instr. 8) |                 | of  | r<br>osed<br>(1. 3, 4   | Expiratio (Month/D expiration) |   |                         | 7. Title and Amount of Securities Underlying Derivative Security (Ins 3 and 4)  Amou or Numb of Title Share |   | oer    | Price of<br>erivative<br>ecurity<br>estr. 5) |         |  | 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) |   |        |  |

## **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 548 shares of common stock acquired under the issuer's employee stock purchase plan in June 2020.

## Remarks:

/s/ Kristen Williams, Attorney-in-Fact

11/17/2020

Date

\*\* Signature of Reporting Person

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.