

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 0001545439
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 Riker Lauren Bullaro

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 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 MA 02917	6366	244600.68	45989011	06/14/2023	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 this	Date Donor	Amount of Securities	Date of Payment	Nature of Payment *
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	Transaction	Whom Acquired	a Gift?	Acquired	Acquired
Common	06/30/2016 ESPP Purchase	Issuer	<input type="checkbox"/>	330	06/30/2016 Cash
Common	06/30/2017 ESPP Purchase	Issuer	<input type="checkbox"/>	719	06/30/2017 Cash
Common	12/31/2018 ESPP Purchase	Issuer	<input type="checkbox"/>	761	12/31/2018 Cash
Common	06/28/2019 ESPP Purchase	Issuer	<input type="checkbox"/>	598	06/28/2019 Cash
Common	06/30/2020 ESPP Purchase	Issuer	<input type="checkbox"/>	548	06/30/2020 Cash
Common	06/30/2021 ESPP Purchase	Issuer	<input type="checkbox"/>	421	06/30/2021 Cash
Common	06/30/2022 ESPP Purchase	Issuer	<input type="checkbox"/>	408	06/30/2022 Cash
Common	06/05/2023 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	1304	06/05/2023 Compensation
Common	06/06/2023 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	1277	06/06/2023 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

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
Lauren B. Riker 5401 West Kennedy Boulevard Suite 890 Tampa FL 33609	Common	06/06/2023	591	23043.69
Lauren B. Riker 5401 West Kennedy Boulevard Suite 890 Tampa FL 33609	Common	06/07/2023	616	23324.54

144: Remarks and Signature

Remarks
Date of Notice 06/14/2023
Date of Plan Adoption or Giving of Instruction, If Relying on Rule 10b5-1 03/08/2023

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 Lauren B Riker

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