

OMB APPROVAL	
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

1. Name and Address of Reporting Person* LARANJEIRA CHARLES ANTHONY (Last) (First) (Middle) C/O PACIRA BIOSCIENCES, INC. 5 SYLVAN WAY, SUITE 300 (Street) PARSIPPANY NJ 07054 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol Pacira BioSciences, Inc. [PCRX]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director _____ 10% Owner _____ Officer (give title below) _____ Other (specify below) _____ SVP, Technical Operations
	3. Date of Earliest Transaction (Month/Day/Year) 06/29/2020	
4. If Amendment, Date of Original Filed (Month/Day/Year)		

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

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	06/29/2020		M ⁽¹⁾		3,750	A	\$37.81	27,851	D	
Common Stock	06/29/2020		M ⁽¹⁾		15,000	A	\$38.35	42,851	D	
Common Stock	06/29/2020		M ⁽¹⁾		7,500	A	\$43.54	50,351	D	
Common Stock	06/29/2020		M ⁽¹⁾		30,000	A	\$44.1	80,351	D	
Common Stock	06/29/2020		S ⁽¹⁾		51,464	D	\$50.01 ⁽²⁾	28,887	D	
Common Stock	06/29/2020		S ⁽¹⁾		6,859	D	\$51.77 ⁽³⁾	22,028	D	
Common Stock	06/29/2020		S ⁽¹⁾		1,778	D	\$52.03 ⁽⁴⁾	20,250	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)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		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 Exercisable	Expiration Date						Title
Stock Option (Right to Buy)	\$37.81	06/29/2020		M			3,750	(5)	01/03/2029	Common Stock	3,750	\$0.00	6,250	D	
Stock Option (Right to Buy)	\$38.35	06/29/2020		M			15,000	(5)	06/13/2028	Common Stock	15,000	\$0.00	15,000	D	
Stock Option (Right to Buy)	\$43.54	06/29/2020		M			7,500	(5)	06/05/2029	Common Stock	7,500	\$0.00	22,500	D	
Stock Option (Right to Buy)	\$44.1	06/29/2020		M			30,000	(6)	06/02/2027	Common Stock	30,000	\$0.00	10,000	D	

Explanation of Responses:

- The option exercises and sales reported in this Form 4 were 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.
- The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$50.00 to \$50.94, inclusive. The reporting person undertakes to provide to the issuer, any shareholder of the issuer, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the ranges set forth in footnotes 2, 3 and 4.
- The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$51.06 to \$51.99, inclusive.
- The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$52.00 to \$52.10, inclusive.
- 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.
- The stock option vests and becomes exercisable as to 25% of the option shares on May 1, 2018, 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, Attorney-in-Fact 07/01/2020

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.