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## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, 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).                      |

FORM 4

### STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

| OMB APPROVAL            |           |  |  |  |  |  |  |  |  |  |
|-------------------------|-----------|--|--|--|--|--|--|--|--|--|
| OMB Number:             | 3235-0287 |  |  |  |  |  |  |  |  |  |
| Estimated average burde | en        |  |  |  |  |  |  |  |  |  |
| hours per response:     | 0.5       |  |  |  |  |  |  |  |  |  |

| DUNLAP DAVID D                |                          |                      | 2. Issuer Name and Ticker or Trading Symbol SUPERIOR ENERGY SERVICES INC | 5. Relationship of Reporting Person(s) to Issuer<br>(Check all applicable)<br>X Director 10% Owner |  |                       |  |  |  |
|-------------------------------|--------------------------|----------------------|--|--|--|-----------------------|--|--|--|
| (Last)<br>1001 LOUISIA        | (First)<br>NA STREET, SU | (Middle)<br>ITE 2900 | SPN ]<br>3. Date of Earliest Transaction (Month/Day/Year)<br>01/15/2019  | X  | Officer (give title<br>below)<br>President and   | Other (specify below) |  |  |  |
| (Street)<br>HOUSTON<br>(City) | TX<br>(State)            | 77002<br>(Zip)       | 4. If Amendment, Date of Original Filed (Month/Day/Year)                 | 6. Indiv<br>Line)<br>X   | vidual or Joint/Group Filin<br>Form filed by One Rep<br>Form filed by More tha<br>Person | orting Person         |  |  |  |

#### 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) | ction | Disposed Of ( | . Securities Acquired<br>bisposed Of (D) (Instr.<br>) |        | Securities<br>Beneficially         | 6. Ownership<br>Form: Direct<br>(D) or Indirect<br>(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                    | 01/15/2019                                 |   | <b>F</b> <sup>(1)</sup>      |       | 16,108        | D   | \$3.84 | 646,306 <sup>(2)</sup>             | 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. Nu<br>of<br>Deriv<br>Secu<br>Acqu<br>(A) or<br>Dispo<br>of (D)<br>(Instr<br>and 5 | ative<br>rities<br>ired<br>osed<br>. 3, 4 | 6. Date Exerc<br>Expiration Da<br>(Month/Day/Y | ate                | 7. Title<br>Amour<br>Securi<br>Underl<br>Deriva<br>Securi<br>and 4) | nt of<br>ties<br>ying                  | 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. Shares withheld to cover taxes due upon the vesting of restricted stock units.

2. Includes 2,000 shares of common stock purchased through the company's employee stock purchase plan for the 2018 offering periods.

#### **Remarks:**

/s/ William B. Masters, on behalf of David D. Dunlap, 01/17/2019

pursuant to a power of attorney

\*\* Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

 $^{\ast}$  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.