



SAGES: Minimal Access Surgery. Better Results.



## Minimally Invasive Surgery >>> You Get Well Sooner!

At Get Well Sooner our mission is to improve the value of patient care by promoting the adoption of and access to minimally invasive surgical techniques.

No one wants an operation, but if you have to have one, less invasive surgery can potentially shorten your recovery with less post-operative pain.

### What are the benefits of minimally invasive surgery?

When compared to traditional surgery, minimally invasive surgery, can potentially result in much less pain and swifter recovery while providing an alternative for repairing and preventing a wide range of conditions. Depending on the procedure, patients may leave the hospital the same day, or in a few days, and return to normal activities more quickly than patients recovering from open surgery.

### What happens during a minimally invasive procedure?

During a minimally invasive procedure, a surgeon makes several small incisions (often less than an inch) or no incisions, performing a procedure through the mouth or rectum. A miniature camera (usually a laparoscope or endoscope) is then placed through one of the incisions, mouth or rectum and images from the camera are projected onto monitors in the operating room so surgeons can get a clear and magnified view of the surgical area. Specialized surgical tools through small incisions or an endoscope are used to perform the procedure.

### What are some common minimally invasive procedures?

Under the right circumstances, minimally invasive surgery is the optimal choice for patients for a significant number of surgical procedures including:

- hernia repair
- colon resection
- appendectomy
- procedures to prevent heartburn
- gallbladder removal
- bariatric or weight-loss surgery



### What should every patient know?

Patients should be informed by their physician or surgeon when making any healthcare decisions. If you are a patient considering minimally invasive surgery, we encourage you to visit [getwellsooner.org](http://getwellsooner.org) and review our Patient Brochures to obtain additional information on whether you may be candidate for less invasive surgery. You may also find information on questions to ask your physician and surgeon, surgery preparation, and post surgery recovery.

To find a doctor in your area who is a SAGES member, you can search our directory or contact us directly at [info@getwellsooner.org](mailto:info@getwellsooner.org).

### Who is SAGES?

Get Well Sooner is a project of SAGES, the Society of American Gastrointestinal and Endoscopic Surgeons. SAGES was founded more than 30 years ago with the mission of improving quality patient care through education, research, innovation and leadership, principally in gastrointestinal and endoscopic surgery. Representing a worldwide community of over 6,000 surgeons, SAGES seeks to bring excellence in and access to minimally invasive surgery (MIS) and emerging techniques to patients around the globe. You can read more about SAGES at [www.sages.org](http://www.sages.org).



### Contact Us!

For more information please contact us at [info@getwellsooner.org](mailto:info@getwellsooner.org) or visit [www.getwellsooner.org](http://www.getwellsooner.org)

 Like "Get Well Sooner" on Facebook at [www.facebook.com/gwsooner](http://www.facebook.com/gwsooner)

 Follow [@gwsooner](https://twitter.com/gwsooner) on Twitter