



SAGES: Minimal Access Surgery. Better Results.



## Minimally Invasive Surgery >>> You Healthy Sooner!

**i** Visit us online at [www.healthysooner.org](http://www.healthysooner.org) or email us at [info@healthysooner.org](mailto:info@healthysooner.org)

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At Healthy 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 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 inserted and images 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 or an endoscope are used to perform the procedure.

### What are some common minimally invasive procedures?

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

Patients should be informed by their physician or surgeon when making any healthcare decisions. If you are a patient considering minimally invasive surgery (MIS), we encourage you to visit [www.healthysooner.org](http://www.healthysooner.org) and review our Patient Information Brochures.

### Who is SAGES?

Healthy Sooner is a project of SAGES, the Society of American Gastrointestinal and Endoscopic Surgeons. Representing a worldwide community of over 6,000 surgeons SAGES mission is to improve quality patient care through education, research, innovation and leadership, principally in gastrointestinal and endoscopic surgery. Learn more at [www.sages.org](http://www.sages.org).

