

A GUIDE TO
Minimally
Invasive
Procedures

Feel Better Sooner*

Less recovery time

Less time in hospital

Less pain

Less scarring



***when compared to conventional surgery**

MIP Could Change the Way You Think About Surgery

Minimally Invasive Procedure (MIP), also called laparoscopic surgery, uses state-of-the-art technology to perform abdominal surgery. Patients who choose MIP usually enjoy faster recoveries and shorter hospital stays than conventional surgery patients. Are you a candidate for MIP? That's a question you will need to discuss with your doctor or surgeon. But MIP has been proven to be just as effective as conventional surgery, while getting patients back to the things that are important to them sooner.

MIP Offers Many Benefits*

- > Less recovery time
- > Less time in hospital
- > Less pain
- > Less scarring

*When compared to conventional surgery

How MIP Works

With MIP, a surgeon makes small, dime-sized incisions in the patient's abdomen through which a miniature camera, or videoscope, and specialized instruments are inserted to perform the procedure—so there's no need for a long, conventional incision that may cut through large amounts of skin and muscle.

MIP Helps You Recover Sooner

No one wants to stay in a hospital any longer than necessary. Patients who choose MIP are often able to leave the hospital sooner than patients who undergo conventional surgery.

In addition, recovery times are typically shorter. That means you can get back to your routine in less time with MIP than it might take with conventional surgery.

Since MIP requires smaller incisions than conventional surgery, there is less trauma to your body. In short, MIP is less invasive in your body and less intrusive on your life. Ask your doctor whether or not you are a candidate for MIP.



MIP Causes Less Scarring

Many conventional surgeries leave patients with large, unsightly scars. But that's usually not an issue for patients who choose MIP. Most incisions from MIP are small (about the size of a dime), and many people won't even notice them after they have healed.

MIP Causes Less Pain

Since MIP requires smaller incisions than conventional surgery does, the procedure is less disruptive to the body. As a result, there is typically less pain associated with MIP and less need for pain medication following the procedure.

MIP Is Just as Effective as Conventional Surgery

Many abdominal surgeries can be performed by either MIP or a conventional method. It's important to know that the surgical outcomes are the same. MIP has been shown to be just as effective as conventional surgery for many procedures, such as:

- > Cholecystectomy (gall bladder removal)
- > Colectomy (for both benign and malignant tumors)
- > Appendectomy
- > Ventral hernia repair
- > Hemorrhoid surgery
- > Hysterectomy
- > Surgery for acid reflux (GERS)
- > Gastric bypass surgery for treatment of morbid obesity

Between 1993 and 2004, MIP was used to successfully treat more than 20 million Americans. Ask your doctor whether or not you are a candidate for MIP.

Learn More About MIP

If you'd like to learn more about MIP in general or for a specific procedure, visit the websites below:

- > General MIP information: MIPInfo.com
- > MIP for colon surgery: ColonSurgeryInfo.com
- > MIP for appendectomy: AppendixInfo.com
- > MIP for ventral hernia repair: HerniaOptions.com
- > MIP for hemorrhoid surgery: PPhInfo.com
- > MIP for hysterectomy: HysterectomySolutions.com



Know the Risks of Surgery^{1,2,3}

All surgical procedures have risks, but the risk for serious complications depends on your medical condition and age, as well as on your surgeon's and anesthesiologist's experience. Ask your doctor or surgeon about what to expect after surgery as well as the risks that may occur with any surgery, including:

- > **Reactions to medications or anesthesia**
- > **Breathing problems**
- > **Bleeding**
- > **Infection**
- > **Injury to blood vessels**
- > **Injury to internal organs**
- > **Blood clots in the veins or lungs**
- > **Death (rare)**

Additionally, conventional surgery has a greater potential for:

- > **Muscle injury**
- > **Post-operative incisional hernia**

For some patients, MIP is not an appropriate choice. Your surgeon will help you determine the best choice for you and will consider factors such as:

- > **Obesity**
- > **History of prior abdominal surgery causing dense scar tissue**
- > **Inability to safely visualize organs**
- > **Bleeding problems during the operation**
- > **Underlying medical conditions**

The decision to perform MIP or conventional surgery should be made during a discussion with your surgeon. Sometimes a procedure can start out as MIP, but may have to be converted to conventional surgery based on the factors listed above.

Ask Your Doctor About MIP

Only your surgeon can decide which treatment option is right for your condition. But if you are interested in learning more about MIP, the questions below can help you talk with your doctor or surgeon.

1. Is MIP an appropriate option for me?
2. What are the benefits of MIP?
3. What are the risks?
4. How many Minimally Invasive Procedures have you performed?
5. How many times have you performed this specific procedure?
6. Will you be performing the procedure yourself?
7. How long will it take me to recover?
8. When will I be able to leave the hospital?
9. When can I resume my normal activities, including school, work, exercise, sexual activity, and recreation?
10. Do you have a specialized staff that focuses on Minimally Invasive Procedures?

If you're not satisfied with the responses you receive, consider asking for a second opinion. You are an integral part of your healthcare team and you should feel comfortable with the selected treatment and surgeon.

References

1. Data on file.
2. Guller U, Hervey S, Purves H, et al. Laparoscopic versus open appendectomy: outcomes comparison based on a large administrative database. *Ann Surg* 2004 January;239(1):43-52.
3. Patient Information From Your Surgeon & SAGES [Online]. 18 January 2005. http://www.sages.org/pi_colon.html.

Find a Surgeon Who Can Perform Minimally Invasive Procedures (MIP)

If you would like to have MIP instead of conventional surgery, ask your primary care physician to recommend a surgeon who is trained in MIP. Or use the Physician Locator tool on MIPInfo.com to find a surgeon in your area who performs MIP. Need more information? Visit MIPInfo.com.



www.MIPInfo.com



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This document has been accessed through www.MIPInfo.com and should be viewed in context with other important information within the website.

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