



## A guide to Minimally Invasive Procedures

Minimally Invasive Procedures (MIPs) emphasize the less is more approach — less time in the hospital, less pain and less scarring.

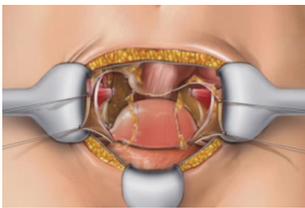


### KNOW YOUR OPTIONS

MIPs, also called laparoscopic surgeries, use state-of-the-art technology to perform abdominal surgery. Patients who choose MIPs usually enjoy faster recoveries and shorter hospital stays when compared to surgery patients. Learn more at [www.healthhappens.com](http://www.healthhappens.com).

### WHAT HAPPENS DURING A MINIMALLY INVASIVE PROCEDURE?

During an MIP, a small, dime-sized incision is made in the patient's abdomen through which a miniature camera, or videoscope, and specialized instruments are inserted to perform the procedure. As evidenced in the illustration below, an MIP reduces the need for a long incision that may cut through large amounts of skin and muscle. With MIP, less is more.



Open hysterectomy approach



MIP hysterectomy approach



Scarring from MIP

Scarring from open surgery

Scarring comparison

Compare an open surgery to a minimally invasive procedure at [www.healthhappens.com](http://www.healthhappens.com).

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### HOW EFFECTIVE ARE MIPs?

MIPs have been shown to be just as effective as open surgery for many procedures, including:

- › Cholecystectomy (removal of your gall bladder)
- › Colectomy (for colon surgery)
- › Appendectomy (removal of your appendix)
- › Hysterectomy (removal of your uterus)
- › Surgery for acid reflux (GERD)

For specific MIP information visit [www.healthhappens.com](http://www.healthhappens.com).

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## CHOOSING MIP VS. OPEN SURGERY

For some patients, MIPs are not an appropriate choice. Visit [www.healthhappens.com](http://www.healthhappens.com) for more information on whether or not MIPs are right for you.

## KNOW THE RISKS

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 healthcare provider or surgeon, or visit [www.healthhappens.com](http://www.healthhappens.com) to learn about what to expect after surgery as well as the risks that may occur with any surgery.



**Talk to your benefit plan's administrator. In most cases your copayment is reduced when MIP is the selected procedure.**

### Resources

1. Know Your Options – [www.healthhappens.com](http://www.healthhappens.com)
2. © 2010 Ethicon Endo-Surgery, Inc. a Johnson & Johnson company <http://www.MIPInfo.com>
3. © National Center for Biotechnology Information, NCBI U.S. National Library of Medicine <http://www.ncbi.nlm.nih.gov>

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