

# SILS™ Procedure Discussion Guide

Get the most out of your next appointment. Use this discussion guide when you meet with your doctor to discuss questions about your SILS™ (Single Incision Laparoscopic Surgery) and whether the SILS™ procedure is right for you. Medical advances such as the minimally invasive SILS™ procedure may reduce the pain, scarring and recovery time typically experienced with traditional surgery. By getting the answers you need, you'll be better equipped to work with your doctor to determine your best surgical options. These questions can be a great way to get the conversation started.

## Questions to Ask Your Surgeon

1. What is the SILS™ (Single Incision Laparoscopic Surgery)? Are you qualified to perform the SILS™ procedure?
  - Am I a candidate for this surgery? Why or why not?
2. How do other surgical options compare to SILS™ in terms of:
  - Number of incisions
  - Pain
  - Length of hospital stay
  - Recovery time
  - Scarring
3. What are the risks and benefits of each surgical option?
4. How can I best prepare for the SILS™ surgery?
5. When will I be able to get back to my everyday activities such as exercise, work, recreation and sexual activity?

**Not all surgeons perform SILS™ surgery.**  
Please visit [www.sils.com/bellybuttonurgery](http://www.sils.com/bellybuttonurgery) to find a surgeon in your area.

## Other Things to Consider Before Your SILS™ Procedure:

1. Consult your calendar to determine the best timing for your cholecystectomy. If possible, try to schedule away from family events, vacations, heavy work schedules, etc.
2. Discuss with your doctor any existing medical conditions (allergies), health concerns or medications you are currently taking as well as your surgical history, even if you don't think they will impact your surgery.
3. If you are diabetic, speak with your doctor about any precautions that should be taken prior to surgery to prevent infection.
4. If you have never had surgery, be sure to talk with your doctor about anesthesia and how it may affect you.
5. Coordinate with a family member or friend to help manage your check-ups, surgery date, hospital stay and recuperation time at home.
6. Seek advice from your doctor about your current exercise habits and whether it will be necessary to adjust prior to and after surgery