Tarek G. Garas, MD, FACOG, FACS

Board-certified in OB-GYN and Female Pelvic Medicine & Reconstructive Surgery. Robotic Surgeon.

Education
- Creighton University School of Medicine, Omaha, NE, MD
- University of Miami/Jackson Health Care System, Miami, FL, Residency & Administrative Chief Resident

Areas of Expertise
- Obstetrics
- Gynecology
- Gynecologic Surgery
- Pelvic Organ Prolapse
- Incontinence & Bladder Health Issues
  - Urinary Incontinence
  - Painful Bladder Syndrome / Interstitial Cystitis
- Fecal Incontinence
- Advanced Robotic Surgery

Qualifications
- Board-certified in OB-GYN and Female Pelvic Medicine & Reconstructive Surgery

Additional Languages Spoken
- Spanish

Dr. Garas consults and treats patients at Watson Clinic’s Bella Vista Building and Bartow Obstetrics & Gynecology locations.

“...I look forward to serving you with advanced, comprehensive and compassionate care that, I pray, exceeds your expectations.”

Dr. Tarek Garas

Watson Clinic LLP
Obstetrics & Gynecology

Bartow Obstetrics & Gynecology
2000 Osprey Blvd. • Suite 100 • Bartow
863-680-7243

Bella Vista Building
1755 North Florida Avenue • Lakeland
863-680-7312

Watson Clinic LLP
Obstetrics & Gynecology

Tarek G. Garas, MD, FACOG, FACS
Board-certified in OB-GYN and Female Pelvic Medicine & Reconstructive Surgery. Robotic Surgeon.

863-680-7312
Obstetrics & Gynecology Services

Dr. Tarek Garas is a member of Watson Clinic’s OB-GYN department, one of the largest and most experienced women’s health providers in the area. Board-certified in both Obstetrics & Gynecology and Female Pelvic Medicine & Reconstructive Surgery, Dr. Garas offers a complete roster of comprehensive services, including routine gynecologic care, infertility counseling, state-of-the-art ultrasound imagery, high-risk pregnancy care, complex surgical robotic procedures and treatments for urinary and fecal incontinence, pelvic organ prolapse, pelvic pain and sexual dysfunction.

For expectant parents-to-be, Dr. Garas provides all the services needed to ensure a healthy pregnancy and delivery process, and collaborates closely with each additional member of Watson Clinic’s OB team to establish a continuity of care regardless of when you arrive at the hospital for your delivery.

Female Pelvic Medicine & Reconstructive Surgery

There are many types of pelvic floor dysfunction that may contribute to incontinence and bladder health concerns such as urinary stress incontinence, overactive bladder, incomplete bladder emptying, recurrent urinary tract infections, fecal incontinence, pelvic organ prolapse, fistulae, painful bladder syndrome/interstitial cystitis and painful intercourse.

Watson Clinic’s Division of Female Pelvic Medicine & Reconstructive Surgery offers a vast array of services designed to restore a patient’s sense of relief and well-being. Treatment plans are designed based upon the severity of your condition, and range from simple diet modifications to major pelvic reconstructive surgery.

Treatment options may include bladder BOTOX® injections, bladder installations, catheterization, incontinence and prolapse surgery, interstim therapy/sacral neuromodulation, lifestyle changes, medical management, pelvic floor rehabilitation/physical therapy, percutaneous tibial nerve stimulation, pessary management and vaginal weight training.

To schedule an appointment with Dr. Garas or any of his providers, please call 863-680-7312.

Alicia Belisle, APRN

A highly experienced provider of OB-GYN and Female Pelvic Medicine & Reconstructive Surgery services, Ms. Belisle is proud to offer an additional level of convenience and expertise for patients. Her areas of expertise include annual exams, contraceptive management, and management of urinary and fecal incontinence and pelvic organ prolapse under the supervision of Dr. Garas.

Laura Pellegrini, APRN

Registered nurse practitioner Laura Pellegrini, APRN provides comprehensive women’s health services for patients of Dr. Garas from the Bella Vista Building location. Her areas of expertise include annual exams, basic infertility treatments, contraceptive management, adolescent gynecologic care, treatments for menopause and irregular periods.

Nicole Rule, APRN, PHD

An experienced women’s health specialist, Mrs. Rule counsels patients at the Bartow Obstetrics & Gynecology location for nonsurgical gynecologic appointments, and offers an array of services including pap tests, gynecologic examinations, contraceptive management, pessary management, and pelvic floor rehabilitation.

She specializes in the management of urinary and fecal incontinence and pelvic organ prolapse under the supervision of Dr. Garas.