

REFERRAL GUIDELINES

Plastics Clinic

Head of Unit: Dr Matthew Lee

Referrals: Referral addressed to named head of unit is preferred.

E-referral using the GP Referral Template located within the Mastercare Referralnet system is preferred.

For faxed referrals: **FAX 9125 9846**

Clinic overview:

This clinic will see clients with conditions listed in the categories for appointment section of this guideline. All referrals received are triaged by Peninsula Health clinicians to determine urgency of referral according to the below triage categories.

Emergency

For emergency cases please do any of the following:

- send the patient to the Emergency department OR
- Contact the on call registrar OR
- Phone 000 to arrange immediate transfer to ED

Urgent Cat 1

The patient has a condition that has the potential to deteriorate quickly with significant consequences for health and quality of life if not managed promptly.

- Aim to be seen within 1 month

Semi Urgent Cat 2

The patient's condition is unlikely to deteriorate

- Aim to be seen within 3 months

Routine Cat 3

The patient's condition is unlikely to deteriorate quickly or have significant consequences for the person's health and quality of life if the specialist assessment is delayed beyond three months.

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Clinical:

- Reason for referral
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- Allergies
- Diagnostics as per referral guidelines

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HEAD OF UNIT
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Specific Clinical referral content

- Clinical details and reason for referral
- Relevant medical history
- Allergies
- Include detailed information of size, site, duration and changes in lesions?
- Symptomatic history
- Possible diagnosis and/or injury
- Date of Injury
- Treatment instituted so far
- Medications
- Psychosocial History
- Results of all recent (preferably within prior 6 months) investigations
 - Biopsy Reports with photograph or diagram of biopsy site
 - Nerve Conduction Studies for suspected Carpel Tunnel Syndrome or Ulnar Nerve Compression
 - X-rays if arthritis / fractures
 - Ultrasound if suspected ganglion or mass

Please see additional information to be included

Categories for Appointment

	Clinical Description	
Emergency	<ul style="list-style-type: none"> • Closed hand fractures • Closed tendon ruptures • Lacerations with possible nerve injury • Trigger finger with finger locked inflexion • Skin cancers that are extremely large, fungating and bleeding or ulcerated • Leg ulcers if infected (cellulitis) • Detailed Information of ulcer site/duration & prior treatment 	Please attend Emergency Department
Conditions	Hand <ul style="list-style-type: none"> • Carpal tunnel & other nerve compression syndromes, Nerve palsies • Congenital deformities 	Lesions <ul style="list-style-type: none"> • Other skin cancers /BCC, SCC • Melanoma

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	<ul style="list-style-type: none"> • Secondary hand surgery after injury • Dupuytren`s contracture • Ganglia, Soft tissue tumors of the hand • Trigger Finger • Open/Compound hand fracture, hand injuries • Wrist arthritis, Rheumatoid hand deformities • Stenosing tenosynovitis/De Quervain`s 	<ul style="list-style-type: none"> • Benign skin lesions e.g. naevi • Malignancies including head, neck, intraoral (mouth a/throat) salivary, gland, connective tissue • Subcutaneous & deep tissue tumours • Lipoma
Conditions	<p>General</p> <ul style="list-style-type: none"> • Burns and scars • Foreign Body removal • Divarication Rectus • Other chronic sores and ulcers, Pressure sores • Scar revision and scar management • Vascular malformation 	<p>Breast & Abdomen</p> <ul style="list-style-type: none"> • Reconstruction following mastectomy • Reduction mammoplasty, Mastopexy, Removal of prosthesis, Delayed Breast reconstruction • Gynaecomastia and Congenital abnormalities • Abdominoplasty <p>Please complete Aesthetic form and attach it with the referral</p> <p>Questionnaire Abdo OPD.docx Questionnaire BBR OPD.docx</p>
Conditions	<p>Ear, Nose, Eyelid</p> <ul style="list-style-type: none"> • Reconstruction (Congenital & traumatic abnormalities) • Nasal deformity due to trauma • Nasal reconstruction • Rhinophyma • Ptosis Ectropion, Eyelid reduction in abnormal cases <p>Please complete Aesthetic form and attach it with the referral Questionnaire Bleph OPD.docx</p>	<p>Soft Tissue Tumours</p> <ul style="list-style-type: none"> • Suspected Soft Tissue Tumours (limb/trunk) • Suspected Soft Tissue Tumours at non limb/trunk sites

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Eligibility Criteria
<p>All patients require a referral from a Specialist or General Practitioner.</p> <p>We will aim to get patients seen within the above timeframes; however, due to limited new patient referral places in Outpatients the wait times may be significantly longer.</p> <p>If your patient's condition is significantly deteriorating and they have not been seen please contact the Outpatients Clinic to try to expedite the appointment</p>
Exclusions
<p>We do not manage in-situ SCC/Bowen's Disease</p> <p>Please refer Lymphoedema via Access referral to The Mornington Centre</p> <p>Possible malignant soft tissue tumour e.g. Sarcoma – refer to St Vincent's sarcoma service</p> <p>Vascular venous leg ulcers- refer to Private rooms/MMC</p>
Clinic Information
<p>Monday, Thursday and Friday mornings Tuesday and Wednesday afternoons</p> <ul style="list-style-type: none"> Outpatients Department Integrated Health Centre Hastings Road, Frankston Phone: 9784 2600 / Fax: 9788 1879
Alternative referral options
<p>New referrals may also be made directly to the rooms of Plastic Surgeons affiliated with Frankston Hospital (see Specialist Directory) who will then place the patient directly on the public surgical waiting list at Frankston Hospital if surgery is required.</p> <p>Breast and abdominal aesthetic surgery must be seen in the outpatient clinic prior to being placed on the waiting list.</p> <p>Refer to Private Services.</p>

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Additional Clinical Information for Specific Conditions

Hand

Clinical History/Investigations

- Nerve Conductive study report
- Nerve Conductive studies can be performed at Frankston Hospital -phone on 9784 2663 or fax 9784 2349 or Private Neurologist
- Include details of severity

Priority

- Urgent / Routine
- Dependant on severity

Conservative Management

- Wrist splint
- Nonsteroidal anti-inflammatory drugs
- Corticosteroids injections
- Hand therapy referral

Congenital Deformities

Clinical History/Investigations

- Hand X Ray report
- Include details of severity

Priority

- Routine
- Dependant on severity

Conservative Management

- N/A

Secondary hand surgery after injury

Clinical History/Investigations

- Include details of functional impairment
- X-ray report

Priority

- Routine

Conservative Management

- N/A

Dupuytren`s contracture

Clinical History/Investigations

- Clinical history
- Include details of functional impairment

Priority

- Routine
- Dependant on severity

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Conservative Management

- N/A

Ganglia, Soft tissue tumours of the hand

Clinical History/Investigations

- Include details of location, size, duration
- USS of lesion
- Include details of functional impairment

Priority

- Routine
- Dependant on severity

Conservative Management

- N/A

Trigger Finger

Clinical History/Investigations:

- refer urgent if finger locked
- Include details of functional impairment

Priority:

- Routine
- Dependant on severity

Conservative Management:

- Splint
- Stretching exercises
- Hand therapy

Open/Compound hand fracture, hand injuries

Clinical History/Investigations:

- Open #-Refer to Emergency department for assessment
- Compound #-Hand please send X Ray report

Priority:

- Urgent

Conservative Management:

- N/A

Wrist arthritis, Rheumatoid hand deformities

Clinical History/Investigations:

- Hand USS / X Ray report
- Include details of functional impairment

Priority:

- Routine
- Dependant on severity

Conservative Management:

- Alternating hot/cold compresses
- Non-steroidal anti-inflammatory drugs
- Splint/braces
- refer to Hand therapist for hand exercises

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- Consider Rheumatology referral

Stenosing tenosynovitis/De Quervain`s

Clinical History/Investigations

- Hand USS
- Include details of functional impairment

Priority

- Routine
- Dependant on severity

Conservative Management

- Splint
- Nonsteroidal anti-inflammatory drugs
- Corticosteroids
- Consider Hand therapy

Other skin cancers /BCC, SCC

Clinical History/Investigations:

- Biopsy Report
- Include details of location, size, duration
- Histology report

Priority:

- Urgent

Conservative Management

- N/A

Melanoma

Clinical History/Investigations

- Excisional Biopsy
- Punch biopsy if large lesion
- Include details of location, size, duration, changes noted, Dermascope features
- Pathology report

Priority

- Urgent

Conservative Management

- N/A

Benign skin lesions e.g. naevi

Clinical History/Investigations:

- Biopsy
- Include details of location, size, duration, ?changes noted

Priority

- Routine
- Dependant on severity

Conservative Management:

- N/A

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Malignancies including head, neck, intraoral (mouth a/throat) salivary, gland, connective tissue

Clinical History/Investigations

- CT scan and other imaging as appropriate

Priority

- Urgent
- ? refer to MMC, Peter MacCullum or St Vincent's

Conservative Management

- N/A

Subcutaneous & deep tissue tumours

Clinical History/Investigations

- US of lesion
- +/- CT scan if malignancy suspected

Priority:

- Urgent
- Routine if no malignancy
- Refer Sarcoma to St Vincent's

Conservative Management

- N/A

Lipoma

Clinical History/Investigations

- USS report
- Include detailed information of location, size, duration

Priority:

- Routine
- Dependant on severity

Conservative Management

- N/A

General

Burns and scars

Clinical History/Investigations:

- Emergency Department if severe burns
- Include details of site and severity
- Document any treatment already carried out

Priority:

- Semi-Urgent or Routine
- Dependant on severity

Conservative Management

- Dressings

Foreign Body removal

Clinical History/Investigations

- X-ray or Ultrasound

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Priority:

- Urgent
- Dependant on severity

Conservative Management

- N/A

Other Chronic sores and ulcers, Pressure sores

Clinical History/Investigations

- Refer urgent if ulcers infected (cellulitis)
- Include details of location, size duration, colour and prior treatment
- Information on prior treatment, length of time present, treatment already applied

Priority:

- Semi-Urgent or Routine
- Dependant on severity

Conservative Management

- Advice to promote skincare and prevent infection
- Cessation smoking
- Imaging of vasculature e.g. Doppler duplex/ultrasound

Scar revision and scar management

Clinical History/Investigations

- Detailed information of site, severity and presence of functional revision

Priority

- Routine
- Dependant on severity

Conservative Management

- N/A

Vascular malformation (Birthmark or growth)

Clinical History/Investigations:

- Detailed information

Priority:

- Routine
- Dependant on severity

Conservative Management:

- N/A

Breast & Abdomen

Please refer to DHHS Guidelines for Aesthetic procedures and indications for surgery in Victorian public health services

Reconstruction following mastectomy

Clinical History/Investigations

- Please complete Aesthetic form

Priority

- Routine if post reconstruction

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- Dependant on severity

Conservative Management

- N/A

Reduction mammoplasty, Mastopexy, Removal of prosthesis, Delayed Breast reconstruction

Clinical History/Investigations

- BMI and smoking status
- Please complete Aesthetic form

Priority

- Routine
- Dependant on severity

Conservative Management

- Encourage weight reduction
- Cessation of smoking

Gynaecomastia and Congenital abnormalities

Clinical History/Investigations

- N/A

Priority

- Routine
- Dependant on severity

Conservative Management:

- N/A

Abdominoplasty

Clinical History/Investigations

- BMI and smoking status
- Please complete Aesthetic form

Priority

- Routine
- Dependant on severity

Conservative Management

- Encourage weight reduction
- Cessation of smoking

Ear, Nose, Eyelid

Reconstruction (Congenital & traumatic abnormalities)

Clinical History/Investigations

- imaging as applicable
- Detailed information

Priority

- Routine
- If secondary to trauma

Conservative Management

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- N/A

Nasal deformity due to trauma e.g. Deviated septum

Clinical History/Investigations

- Detailed information

Priority

- Routine
- Dependant on severity

Conservative Management:

- N/A

Nasal reconstruction

Clinical History/Investigations

- Detailed information

Priority

- Routine
- Dependant on severity

Conservative Management

- N/A

Rhinophyma

Clinical History/Investigations

- Detailed history

Priority

- Routine
- Dependant on severity

Conservative Management

- N/A

Ptosis Ectropion, Eyelid reduction in abnormal cases

Clinical History/Investigations:

- Ophthalmologist report
- Refer if causing obstruction of vision
- Visual Field test report (perimetry and normal eye check)

Priority

- Routine
- If causing obstruction of vision do not refer

Conservative Management

- N/A

Soft Tissue Tumours

Suspected Soft Tissue Tumours (limb/trunk)

Clinical History/Investigations

- Please do X ray

Priority

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- Urgent

Conservative Management

- N/A

Suspected Soft Tissue Tumours at non limb/trunk sites

Clinical History/Investigations

- USS of legion
- Include details of functional impairment in referral

Priority

- Urgent

Conservative Management

- N/A
- If cosmetic, refer to Plastics Clinic

Priority:

- Routine

Conservative Management

- N/A

Divarication Rectus

Clinical History/Investigations

- US report

Priority

- Routine

Conservative Management

- Physiotherapy

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