

# Monash Health Referral Guidelines

## PLASTIC SURGERY

### EXCLUSIONS

Services not offered by Monash Health

Patients under 18 years of age: [Click here](#) for Monash Children's Paediatric Plastic Surgery guidelines

### CONDITIONS

Services offered by Monash Health

#### General

- [Burns and scars](#)
- [Foreign Body removal](#)
- [Lymphoedema](#)
- [Other chronic sores and ulcers](#)
- [Pressure sores](#)
- [Scar revision and scar management](#)
- [Vascular malformations](#)

#### Hand

- [Carpal tunnel & other nerve compression syndromes](#)
- [Congenital deformities](#)
- [Secondary hand surgery after injury](#)
- [Dupuytren's contracture](#)
- [Ganglia](#)
- [Soft tissue tumors of the hand](#)
- [Nerve palsies](#)
- [Open hand fracture](#)
- [Closed hand fracture](#)
- [Acute fingertip injuries](#)
- [Sub-acute fingertip injuries](#)
- [Rheumatoid hand deformities](#)
- [Stenosing tenosynovitis](#)

#### Soft Tissue Tumours

- [Suspected Soft Tissue Tumours \(limb/trunk\)](#)
- [Suspected Soft Tissue Tumours at non limb/trunk sites](#)

#### Lesions

- [Benign skin lesions](#)
- [Malignancies including head, neck, salivary gland, connective tissue](#)
- [Melanoma](#)
- [Other skin cancers](#)
- [Subcutaneous & deep tissue tumours](#)

#### Face

- [Craniofacial abnormalities](#)
- [Faciomaxillary abnormalities](#)

#### Ear

- [Reconstruction \(Congenital & traumatic abnormalities\)](#)

#### Nose

- [Nasal deformity due to trauma](#)
- [Nasal reconstruction](#)
- [Rhinophyma](#)

#### Eyelid

- [Ptosis](#)
- [Ectropion](#)
- [Eyelid reduction in abnormal cases](#)

#### Abdomen

- [Abdominoplasty](#)

MORE CONDITIONS OVER PAGE

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Mr Alan Saunder

Last updated:  
6/12/2018

# Monash Health Referral Guidelines

## PLASTIC SURGERY

### CONDITIONS (continued)

#### Breast

- [Reconstruction following mastectomy](#)
- [Reduction mammoplasty](#)
- [Gynaecomastia](#)
- [Congenital abnormalities](#)
- [Mastopexy](#)
- [Removal of prosthesis](#)

#### Genital

- [Vaginal/Penile reconstruction following malignancy](#)

### PRIORITY

All referrals received are triaged by **Monash Health clinicians** to determine **urgency of referral**.

#### 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

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.

#### ROUTINE

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 one month

### REFERRAL

How to refer to Monash Health

Find up-to-date information about how to send a referral to **Monash Health on the [eReferrals page on our website](#)**.

### CONTACT US

#### Medical practitioners

To discuss complex & urgent referrals contact on call registrar on <insert contact details>

#### General enquiries

Phone: 1300 342 273

Head of unit:

A/Prof Michael Leung

Program Director:

Mr Alan Saunder

Last updated:

6/12/2018

## GENERAL

### BURNS AND BURN SCARS

#### Initial GP Work Up

- N/A

#### Management Options for GP

- N/A

#### WHEN TO REFER?

##### Emergency

Refer immediately to ED if severe post burn

##### Urgent

Refer to Outpatients urgently

##### Routine

Dependent on severity

[BACK](#)

### FOREIGN BODY REMOVAL

#### Initial GP Work Up

- X-Ray or USS as appropriate

#### Management Options for GP

- N/A

#### WHEN TO REFER?

##### Urgent

Dependent on severity

[BACK](#)

### LYMPHOEDEMA

#### Initial GP Work Up

- N/A

#### Management Options for GP

- N/A

#### WHEN TO REFER?

##### Routine

Dependent on severity

[BACK](#)

### OTHER CHRONIC SORES AND ULCERS

#### Initial GP Work Up

- N/A

#### Management Options for GP

- N/A

#### WHEN TO REFER?

##### Routine

Dependent on severity

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### PRESSURE SORES

#### Initial GP Work Up

- Contact plastic surgery clinic co-ordinator to discuss assessment of non-ambulant patients

#### Management Options for GP

- N/A

#### WHEN TO REFER?

##### Routine

Dependent on severity

[BACK](#)

## GENERAL (cont'd)

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### SCAR REVISION AND SCAR MANAGEMENT



#### WHEN TO REFER?

##### Initial GP Work Up

- N/A

##### Management Options for GP

- N/A

**Routine**

Dependent on severity

[BACK](#)

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### VASCULAR MALFORMATIONS



#### WHEN TO REFER?

##### Initial GP Work Up

- USS of lesions

##### Management Options for GP

- N/A

**Routine**

Dependent on severity

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## HAND

### CARPEL TUNNEL AND OTHER NERVE COMPRESSION SYNDROMES

#### Initial GP Work Up

- Nerve conduction studies

#### Management Options for GP

- N/A

#### WHEN TO REFER?

##### Routine

Dependent on severity

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### CONGENITAL DEFORMITIES, SECONDARY HAND SURGERY AFTER INJURY

#### Initial GP Work Up

- Hand X-ray

#### Management Options for GP

- N/A

#### WHEN TO REFER?

##### Routine

Dependent on severity

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### DUPUYTRENS CONTRACTURE

#### Initial GP Work Up

- Include details of functional impairment

#### Management Options for GP

- N/A

#### WHEN TO REFER?

##### Routine

Dependent on severity

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### GANGLIA, SOFT TISSUE TUMORS OF THE HAND

#### Initial GP Work Up

- Include details of functional impairment

#### Management Options for GP

- N/A

#### WHEN TO REFER?

##### Routine

Dependent on severity

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### NERVE PALSIES

#### Initial GP Work Up

##### Investigations:

- Nerve conduction studies

#### Management Options for GP

- N/A

#### WHEN TO REFER?

##### Routine

Dependent on severity

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## HAND (cont'd)

### OPEN FRACTURES, CLOSED HAND FRACTURES, ACUTE FINGERTIP INJURIES

#### Initial GP Work Up

- Hand X-ray

#### Management Options for GP

- N/A

#### WHEN TO REFER?

##### Emergency

Refer to ED for assessment

##### Urgent

Refer to Outpatients urgently

[BACK](#)

### SUB-ACUTE FINGERTIP INJURIES

#### Initial GP Work Up

- N/A

#### Management Options for GP

- N/A

#### WHEN TO REFER?

##### Urgent

Refer to Outpatients urgently

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### RHEUMATOID HAND DEFORMITIES

#### Initial GP Work Up

- Include details of functional impairment

#### Investigations:

- Hand USS

#### Management Options for GP

- N/A

#### WHEN TO REFER?

##### Routine

Dependent on severity

[BACK](#)

### STENOSING TENOSYNOVITIS

#### Initial GP Work Up

- Include details of functional impairment

#### Investigations:

- Hand USS

#### Management Options for GP

- N/A

#### WHEN TO REFER?

##### Routine

Dependent on severity

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## SOFT TISSUE TUMOURS

### SUSPECTED SOFT TISSUE SARCOMAS (LIMB/TRUNK), SUSPECTED SOFT TISSUE SARCOMAS AT NON LIMB/TRUNK SITES



### WHEN TO REFER?

#### **Urgent**

Refer to Outpatients urgently

#### Initial GP Work Up

- X-Ray

#### Management Options for GP

- N/A

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## LESIONS

### BENIGN SKIN LESIONS

#### WHEN TO REFER?

#### Initial GP Work Up

- Biopsy

#### Management Options for GP

- N/A

#### Routine

Dependent on severity

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### MALIGNANCIES INCLUDING: HEAD, NECK, ORAL, SALIVARY GLANDS, CONNECTIVE TISSUE

#### WHEN TO REFER?

#### Initial GP Work Up

- CT Scan and other imaging as appropriate

#### Management Options for GP

- N/A

#### Urgent

Refer to Outpatients urgently

[BACK](#)

### MELANOMA, CONFIRMED OR SUSPECTED

#### WHEN TO REFER?

#### Initial GP Work Up

- Do not perform punch biopsy if Melanoma is suspected

#### Investigations:

- Pathology report if available

#### Management Options for GP

- N/A

#### Urgent

Refer to Outpatients urgently

[BACK](#)

### OTHER SKIN CANCERS

#### WHEN TO REFER?

#### Initial GP Work Up

- Include details of size and size of excision required

#### Management Options for GP

- N/A

#### Urgent

Refer for definitive diagnosis

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### SUBCUTANEOUS AND DEEP TISSUE TUMOURS

#### WHEN TO REFER?

#### Initial GP Work Up

- USS of lesion
- CT scan if malignancy suspected

#### Management Options for GP

- N/A

#### Urgent

Refer for definitive diagnosis

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## FACE

### CRANIOFACIAL ABNORMALITIES, FACIOMAXILLARY ABNORMALITIES



### WHEN TO REFER?

#### Initial GP Work Up

- N/A

#### Management Options for GP

- N/A

#### Routine

Refer to Faciomaxillary Clinic

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## EAR

### RECONSTRUCTION FOR TRAUMATIC AND CONGENITAL ABNORMALITIES



### WHEN TO REFER?

#### Initial GP Work Up

- N/A

#### Management Options for GP

- N/A

#### Routine

If secondary to acute trauma

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## NOSE

### NASAL DEFORMITY DUE TO TRAUMA

#### Initial GP Work Up

- Imaging as applicable

#### Management Options for GP

- N/A

### WHEN TO REFER?

#### Emergency

Refer immediately to ED if post fracture

#### Urgent

- Refer to Outpatients urgently
- See [Aesthetic procedures and indications for surgery in Victorian public health services](#)

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### NASAL RECONSTRUCTION

#### Initial GP Work Up

- Imaging as applicable

#### Management Options for GP

- N/A

### WHEN TO REFER?

#### Routine

Dependent on severity

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### RHINOPHYMA

#### Initial GP Work Up

- N/A

#### Management Options for GP

- N/A

### WHEN TO REFER?

#### Routine

Dependent on severity

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## EYELID

### PTOSIS, ECTROPION, EYELID REDUCTION IN ABNORMAL CASES



### WHEN TO REFER?

#### Initial GP Work Up

- N/A

#### Management Options for GP

- N/A

#### Routine

If causing obstruction of vision otherwise do not refer

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## ABDOMEN

### ABDOMINOPLASTY

### WHEN TO REFER?

#### Initial GP Work Up

- Standard history

#### Investigations:

- BMI
- Smoking status

#### Management Options for GP

- Cessation of smoking
- Weight reduction

#### Routine

- Post morbid obesity treatment where significant clinical symptoms are present (for example intractable intertrigo)
- See [Aesthetic procedures and indications for surgery in Victorian public health services](#)

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## BREAST

### RECONSTRUCTION FOLLOWING MASTECTOMY

Initial GP Work Up

- N/A

Management Options for GP

- N/A

#### WHEN TO REFER?

**Routine**

Post mastectomy reconstruction

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### REDUCTION MAMMOPLASTY

Initial GP Work Up

- Body Mass Index
- Smoking status

Management Options for GP

- Cessation of smoking
- Weight reduction

#### WHEN TO REFER?

**Routine**

- When there are significant symptoms or recurrent intertrigo
- See [Aesthetic procedures and indications for surgery in Victorian public health services](#)

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### GYNAEOMASTIA, CONGENITAL ABNORMALITIES

Initial GP Work Up

- N/A

Management Options for GP

- N/A

#### WHEN TO REFER?

**Routine**

Dependent on severity

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### MASTOPEXY

Initial GP Work Up

- Body Mass Index
- Smoking status

Management Options for GP

- Cessation of smoking
- Weight reduction

#### WHEN TO REFER?

**Routine**

- Following significant weight loss eg. After gastric banding or for correction of significant breast reconstruction.
- See [Aesthetic procedures and indications for surgery in Victorian public health services](#)

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### REMOVAL OF PROSTHESIS

Initial GP Work Up

- Body Mass Index
- Smoking status

Management Options for GP

- Cessation of smoking
- Weight reduction

#### WHEN TO REFER?

**Routine**

- If rupture of silicone prosthesis
- See [Aesthetic procedures and indications for surgery in Victorian public health services](#)

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## GENITAL

### VAGINAL/PENILE RECONSTRUCTION POST MALIGNANCY



#### WHEN TO REFER?

#### Initial GP Work Up

- N/A

#### Management Options for GP

- N/A

#### Routine

Dependent on severity

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