

# WINTER INREVIEW 2019

MEET OUR NEW SURGEONS | HOSPITAL UPDATES | NEW DAY SURGERY



STIRLING HOSPITAL

# OUR SURGEONS

## New Surgeons



Phone:  
8406 7786 or  
0423 588 323

### DR HEATHER WATERFALL

BAPSci (Med Rad) MBBS (Hons) FRANZCOG

*Gynaecologist & Obstetrician*

Dr Waterfall is a specialist obstetrician and gynaecologist, providing care for women through all stages of their life, including pre-conception, through pregnancy, childbirth and postnatally, as well as through and after menopause. Her areas of expertise include pregnancy management, abnormal pap smears/colposcopy, pelvic pain, contraception, pelvic floor dysfunction, abnormal bleeding and menopause management.

Having completed her medical degree at the University of Queensland, Dr Waterfall moved to Adelaide for her obstetrics/gynaecology training, spending time at the Lyell McEwin, Women's and Children's, Royal Adelaide and Queen Elizabeth hospitals. Her final two years of training focused on urogynaecology, endometriosis and advanced laparoscopy, including total laparoscopic hysterectomy.

Dr Waterfall is committed to lifelong learning and teaching, she sits on the Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG) council and is a member of the Education and Assessment subcommittee, she is also the RANZCOG Diploma written examination coordinator.

Dr Waterfall is passionate about all aspects of women's health and is excited to be joining the team at Stirling Hospital, expanding the services that are available to women in the Adelaide Hills and surrounds. She aims to provide expert individualised care to all women.



Phone:  
0499 919 968

### DR REBECCA COOKSEY

*Paediatric Surgery*

Dr Bec is a Paediatric Urologist and Paediatric General Surgeon specialising in the management and treatment of paediatric surgical conditions. She has a special interest in urological reconstructive surgery, neonatal emergencies and minimal access (laparoscopic) surgery.

Dr Bec is the Director of Paediatric Trauma at the Women's and Children's Hospital and in addition she is also part of the hospital Burns Unit, Paediatric Surgical Unit, Urology Department and heavily involved in cancer surgery for children. She is affiliated with the University of Adelaide, is active in Surgical Education holding roles in the Royal Australasian College of Surgeons, sits on a number of committees and holds several advisory positions. Dr Bec consults and operates at Stirling Hospital.

## Surgeon Spotlight

### DR ALEXA POTTER

MA(Cantab), BM BCh, FRACS (Plas)

*Hand, Wrist & Plastic Surgery*



Phone:  
8472 3090

Alexa is a Plastic & Reconstructive Surgeon who is Fellowship trained in Hand and Wrist Surgery (PFET AHSS). As well as hand and upper limb referrals she is keen to see and advise on a wide range of Plastic Surgery problems in adults and children, including skin cancers, breast reduction, abdominoplasty and general reconstructive issues. Subspecialist hand interests include Dupuytren's disease, hand and wrist arthritis, peripheral nerve surgery and reconstruction after injury. Dr Potter consults and operates at Stirling Hospital.

Welcome of our  
new quarterly  
update

# HOSPITAL NEWS

## RENOVATION OF DAY SURGERY

After many months of planning and a big building project, the first patients were admitted into the new day surgery on Wednesday 17th July. Whilst we are still waiting on the delivery of some furniture and artwork, the area is looking amazing. We have also commenced renovating the courtyard so that the patient rooms and the day surgery waiting will have an attractive garden outlook. A complete renovation of the patient rooms and ward areas will commence soon, subject to final plans being approved.

## NEW WEBSITE

We have just launched the first stage of our new website. Please feel free to go and browse at your leisure. We are now encouraging patients to find the pre-admission form online. Stage two of the website development has commenced and will include all our surgeon and specialist details. We hope you find it useful upon its completion.

## SAVE THE DATE - YOU'RE INVITED!

Friday 6th December - Stirling Hospital Christmas Party

Thank you to all  
of our GPs and  
practice staff for  
your ongoing  
support of  
Stirling Hospital

*Jennie Cameron*  
CEO/Director of Nursing

“Some of the best  
surgeons choose to  
operate in  
Stirling Hospital”

## CONSULTING PHYSICIAN



Phone:  
0448 124 222

### DR RICHARD NEWMAN

*Consultant Physician Internal Medicine*

*General Physician*

Dr Richard Newman is a locally trained specialist consultant physician in internal medicine and intensive care over the last 30 years. He reviews patients referred by their General Practitioner for diagnosis and multiple, complex medical problems.

The care is holistic and always in collaboration with a patient's referring doctor and other health professionals. When a problem is resolved care returns to the referring doctor, or continues with Dr Newman if further input is required. Dr Newman consults at Stirling Hospital.

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# FEATURED ARTICLE

## Cosmetic Physician

### DR JANE ALDERMAN



Phone:  
0403 176 227

Dr Jane Alderman is a local GP in Stirling who also has over 18 years experience working halftime in cosmetic medicine. She has built a reputation for natural looking results and prevention and is a Fellow of the AustralAsian College of Aesthetic Medicine. Jane performs cosmetic injectable treatments at Stirling Hospital on Wednesdays and Thursday's as well as in her private rooms in Goodwood and is happy to be contacted for advice or appointments anytime on 0403176227.

#### Managing Filler Complications in General Practice

With the increase in popularity of cosmetic injectable treatments it is likely that GPs will be faced with diagnostic and management dilemmas. Whilst cosmetic injectables are registered medical treatments, they are increasingly performed in non medical environments with little medical supervision and no after hours cover, so GPs may be asked to assist. Patients also may return from overseas having had treatment. Most dermal fillers in Australia are hyaluronic acid based and temporary, but some longer lasting and more complex products are sometimes used. Patients may present to the GP with immediate or delayed side effects . Most common areas for complications are nose, lips, glabella, cheeks, nasolabial and infraorbital areas. Some patients may be embarrassed to admit to cosmetic treatments so it is important to adopt a non -judgemental approach to history taking and use direct questioning in order to gather sufficient clinical information.



#### Complications of hyaluronic acid dermal fillers

*Immediate ( usually within the first 1-7 days )*

Impending necrosis - caused by intravascular injection of filler or occasionally severe local swelling. There have also been approximately 350 cases world wide of permanent blindness due to inadvertent intravascular injection.

The challenge is to have a high index of suspicion and recognise impending necrosis . Vascular complications may present as pain and swelling , dusky or mottled appearance, ulceration, blisters or redness which may be distant to the site of injection based on the vascular anatomy. This is NOT infection and should not be treated with antibiotics or steroids. The only treatment is immediate dissolving of the filler by an experienced doctor using hyalase. Sometimes multiple treatments are needed. Other less serious side effects include acute hypersensitivity , herpes and local infection but as necrosis can mimic all these complications.... it is necrosis until proven otherwise !

*Delayed .....hypersensitivity or low grade infection (may occur months or years later)*  
Usually presents as hard lumps or redness and swelling in the area that was treated. The treatment is to dissolve the hyaluronic acid filler and then possibly treat with antibiotics. The exact pathophysiology is not known but thought to be immune mediated and possibly relate to biofilm. Steroids are usually contraindicated and antibiotics alone will usually not suffice.

If you are presented with a patient in whom you suspect acute filler complications , take a thorough history, document examination findings and refer the patient for urgent (same day) treatment. Ensure the patient has a clear understanding of the plan. If a doctor was involved in the original treatment then call them to ensure timely review. If no doctor was involved on-site then it may be in the patients best interests to refer to an experienced cosmetic physician, cosmetic dermatologist or plastic surgeon.