



Southern NSW
Local Health District

ELECTIVE SURGERY GUIDE SOUTHERN NSW HOSPITALS



July 2024



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Aboriginal artwork, Artist: Alison Simpson

In the true spirit of Reconciliation and through embracing the values of collaboration, openness, respect and empowerment, Southern NSW Local Health District acknowledges and pays respect to the traditional custodians of the land; the Gundungurra, Ngarigo, Ngunnawal and Yuin peoples.

We share and celebrate the rich history of the Aboriginal culture and recognise the diverse and proud Aboriginal nations across our District.

Southern NSW Local Health District acknowledges Aboriginal and Torres Strait Islander Elders, community members and staff for their ongoing contribution to society and their commitment to improving the health and wellbeing of Aboriginal and Torres Strait Islander people.

Introduction

The guide provides a list of elective surgical procedures performed at hospitals within the Southern NSW Local Health District. You can use this guide to help understand where it may be possible to have your surgery. The decision to have your surgery is a discussion between your medical specialist and you. A number of factors need to be taken into consideration.

These are:

1. Where the procedure/surgery can be performed for the best health outcome.
2. What are your transport options to and from the hospital. Do you have family/friends to support to return home safely postsurgery.
3. Will you have the support at home for your recovery period post surgery.
4. Is there an alternative hospital to have the surgery performed, to reduce your time on the wait list.

These are all important considerations to having your surgery, your safe return home and in your recovery. It is important that you talk through these factors with your medical specialist, in making the decision of where and when your surgery is performed.

A list of procedures has been provided for the following hospitals:

- **Cooma Health Service**, Bent Street, Cooma, NSW.
SNSWLHD-Cooma-Waitlist@health.nsw.gov.au
- **Eurobodalla Health Service:**
Moruya Hospital, 2-10 River Street, Moruya, NSW.
Batemans Bay Hospital, 7 Pacific Street, Batemans Bay, NSW.
SNSWLHD-EurobodallaSurgicalWaitlist@health.nsw.gov.au
SNSWLHD-EurobodallaOutpatientClinic@health.nsw.gov.au
- **Goulburn Base Hospital**, 130 Goldsmith Street, Goulburn, NSW.
SNSWLHD-Goulburn-SurgicalBookings@health.nsw.gov.au
- **Queanbeyan Health Service**, cnr Collette and Erin Street, Queanbeyan, NSW.
SNSWLHD-Queanbeyan-SurgicalBookings@health.nsw.gov.au
- **South East Regional Hospital**, 4 Virginia Drive, Bega, NSW.
SNSWLHD-SERH-Waitlist@health.nsw.gov.au
SNSWLHD-SERH-OutpatientClinic@health.nsw.gov.au

Southern NSW Local Health District Surgical Process

Elective surgery is the term given to all non-emergency surgery. People who are due for elective surgery are given a clinical category based on a clinical review by a medical specialist, for which admission to hospital can be delayed for at least 24 hours. Your medical specialist will advise you of the category in accordance with your condition.

There are three categories, used nationally, for classifying patients for surgery:

Category 1:

desirable waiting time for urgent surgery is

30

days or less

Category 2:

desirable waiting time for semi-urgent surgery is

90

days or less

Category 3:

desirable waiting time for non-urgent surgery is

12

months or less.

Although public hospitals make every attempt to meet these timelines, there are times when emergency surgery needs to be undertaken to save someone's life. This will take priority over a person on an elective surgery list.



1 Discuss with your medical specialist when and where your surgery will occur. When making the decision, consider the best location, transport to and from the hospital and support from family and friends post surgery.



2

Your specialist will ask you to complete a questionnaire and you may be asked to take the referral paperwork to the hospital.



3

The hospital preadmission clinic staff will contact you to discuss any preparation required for your surgery. Notice will be sent to you via letter to your postal address or SMS.



4

You will be notified of your scheduled date and time. Notice will be sent to you via letter to your postal address or SMS.



5

You will receive a phone call on the working day prior to your surgery to confirm instructions of fasting times and medications.



6

Present to hospital on day of surgery for procedure to be conducted. Our guide “What you need to know about your surgery journey” is available to inform your preparation. Go to our website – nsw.gov.au/snswlhd for more information.





Cooma Health Service

Type	Elective Surgical Services/Procedures
Gastroenterology	<ul style="list-style-type: none"> Gastroscopy & colonoscopy Dilatation, PEG insertion Haemorrhoidectomy/banding/skin tag removal
General Surgery	<ul style="list-style-type: none"> Open haemorrhoidectomy Laparoscopic procedures – cholecystectomy, hernia Skin lesions & minor plastic Open hernia repair Vasectomy
Obstetrics	<ul style="list-style-type: none"> Pregnancy and birthing Caesarean section
Gynaecology	<ul style="list-style-type: none"> Laparoscopic procedures – fertility, tubal occlusion, endometriosis management Vaginal surgery – reconstruction, anterior/posterior repair Hysteroscopy Dilatation and curettage Cervical biopsy/loop excision Hysterectomy – abdominal or laparoscopic Contraception - intrauterine device insertion and removal
Orthopaedic	<ul style="list-style-type: none"> Arthroscopy – knee, shoulder, ankle Knee – ACL reconstruction Shoulder – open repair, rotator cuff repair, dislocation Hand surgery – carpal tunnel, duputrens contracture, trigger finger, ganglion removal Foot surgery – fusion, bunionectomy, amputation, bone spur, toe amputation, toenail excision



Eurobodalla Health Service

Type	Elective Surgical Services/Procedures
Gastroenterology	<ul style="list-style-type: none"> • Gastroscopy & colonoscopy • Dilatation, PEG insertion • Haemorrhoidectomy/banding/skin tag removal
General Surgery	<ul style="list-style-type: none"> • Open haemorrhoidectomy • Laparoscopic procedures – cholecystectomy, hernia • Skin lesions & minor plastic • Open hernia repair • Vasectomy • Breast surgery – biopsy, sentinel node • Appendectomy • Drainage of abscess/debridement • Circumcision (for medical reasons only) • Laparotomy • Orchiectomy • Port-a-cath – removal & insertion • Varicose vein ligation & stripping
Obstetrics	<ul style="list-style-type: none"> • Pregnancy and birthing • Caesarean section
Gynaecology	<ul style="list-style-type: none"> • Laparoscopic procedures – fertility, tubal occlusion, endometriosis management • Vaginal surgery – reconstruction, anterior/posterior repair • Hysteroscopy • Dilatation and curettage • Cervical biopsy/loop excision • Hysterectomy – abdominal or laparoscopic • Contraception - intrauterine device insertion and removal • Laparotomy



Type	Elective Surgical Services/Procedures
Urology	<ul style="list-style-type: none"> • Bladder neck incision • Cystoscopy • Vasectomy & circumcision (for medical reasons only) • Hydrocele • Frenoloplasty • Supra pubic catheter – change of and insertion • Prostatic biopsy • Lithoplasty • Trans urethral resection bladder & prostate
Ophthalmology	<ul style="list-style-type: none"> • Cataract extraction and insertion intraocular lens • Entropion & ectropion • Pterygium • Removal foreign body or lesions • Trabeculectomy • Vitrectomy
Orthopaedic	<ul style="list-style-type: none"> • Arthroscopy – knee, shoulder, ankle • Hand surgery – carpal tunnel, duputrens contracture, trigger finger, ganglion removal • Foot surgery – fusion, bunionectomy, amputation, bone spur, toe amputation, toenail excision

Goulburn Base Hospital

Type	Elective Surgical Services/Procedures
Gastroenterology	<ul style="list-style-type: none"> • Gastroscopy & colonoscopy • Dilatation, PEG insertion • Haemorrhoidectomy/banding/skin tag removal
General Surgery	<ul style="list-style-type: none"> • Open haemorrhoidectomy • Laparoscopic procedures – cholecystectomy, hernia • Skin lesions & minor plastic • Open hernia repair • Vasectomy • Breast surgery – biopsy, sentinel node, axillary clearance, mastectomy • Appendectomy • Drainage of abscess/debridement • Bowel resection • Circumcision (for medical reasons only) • Laparotomy • Orchiectomy • Port-a-cath – removal & insertion • Varicose vein ligation & stripping
Obstetrics	<ul style="list-style-type: none"> • Pregnancy and birthing • Caesarean section
Gynaecology	<ul style="list-style-type: none"> • Laparoscopic procedures – fertility, tubal occlusion, endometriosis management • Vaginal surgery – reconstruction, anterior/posterior repair • Hysteroscopy • Dilatation and curettage • Cervical biopsy/loop excision • Hysterectomy – abdominal • Contraception Intrauterine device insertion and removal • Laparotomy



Type	Elective Surgical Services/Procedures
Orthopaedic	<ul style="list-style-type: none"> • Knee – ACL reconstruction • Shoulder – open repair, rotator cuff repair, dislocation • Hand surgery – carpal tunnel, duputrens contracture, trigger finger, ganglion removal • Foot surgery – fusion, bunionectomy, amputation, bone spur, toe amputation, toenail excision • Joint replacement – knee, hip, shoulder, revision • Trauma surgery
Urology	<ul style="list-style-type: none"> • Cystoscopy • Vasectomy & circumcision (for medical reasons only) • Hydrocele • Frenoplasty • Supra pubic catheter – change of and insertion • Lithoplasty
Ophthalmology	<ul style="list-style-type: none"> • Cataract extraction and insertion intraocular lens
Ear, nose and throat	<ul style="list-style-type: none"> • Grommets - Aboriginal Health only • Tonsillectomy & adenoidectomy
Dental	<ul style="list-style-type: none"> • General dental under anaesthetic
Psychiatry	<ul style="list-style-type: none"> • Electroconvulsive therapy

Queanbeyan Health Service

Type	Elective Surgical Services/Procedures
Gastroenterology	<ul style="list-style-type: none"> • Gastroscopy & colonoscopy • Dilatation, PEG insertion • Haemorrhoidectomy/banding/skin tag removal
General Surgery	<ul style="list-style-type: none"> • Open haemorrhoidectomy • Laparoscopic procedures – cholecystectomy, hernia • Skin lesions & minor plastic • Open hernia repair • Vasectomy • Breast surgery – biopsy, sentinel node • Appendectomy • Drainage of abscess/debridement • Circumcision (for medical reasons only) • Laparotomy • Orchiectomy • Port-a-cath – removal & insertion • Varicose vein ligation & stripping
Obstetrics	<ul style="list-style-type: none"> • Pregnancy and birthing • Caesarean section
Gynaecology	<ul style="list-style-type: none"> • Laparoscopic procedures – fertility, tubal occlusion, endometriosis management • Vaginal surgery – reconstruction, anterior/posterior repair • Hysteroscopy and Cystoscopy • Dilatation and curettage • Cervical biopsy/loop excision • Hysterectomy – vaginal, abdominal or laparoscopic • Contraception - intrauterine device insertion and removal • Laparotomy

Type	Elective Surgical Services/Procedures
Orthopaedic	<ul style="list-style-type: none"> • Knee – ACL reconstruction • Shoulder – open repair, rotator cuff repair, dislocation • Hand surgery – carpal tunnel, duputrens contracture, trigger finger, ganglion removal • Foot surgery – fusion, bunionectomy, amputation, bone spur, toe amputation, toenail excision
Dental	<ul style="list-style-type: none"> • General dental under anaesthetic



South East Regional Hospital – Bega

Type	Elective Surgical Services/Procedures
Gastroenterology	<ul style="list-style-type: none"> • Gastroscopy & colonoscopy • Dilatation, PEG insertion • Haemorrhoidectomy/banding/skin tag removal
General Surgery	<ul style="list-style-type: none"> • Open haemorrhoidectomy • Laparoscopic procedures – cholecystectomy, hernia • Skin lesions & minor plastic • Open hernia repair • Vasectomy • Breast surgery – biopsy, sentinel node, axillary clearance, mastectomy, reconstruction, reductions (non-cosmetic) • Appendectomy • Drainage of abscess/debridement • Bowel resection – open & laparoscopic • Circumcision (for medical reasons only) • Laparotomy • Orchiectomy • Port-a-cath – removal & insertion • Varicose vein ligation & stripping • Thyroidectomy and parathyroidectomy
Obstetrics	<ul style="list-style-type: none"> • Pregnancy and birthing • Caesarean section
Gynaecology	<ul style="list-style-type: none"> • Laparoscopic procedures – fertility, tubal occlusion, endometriosis management • Vaginal surgery – reconstruction, anterior/posterior repair • Hysteroscopy • Dilatation and curettage • Cervical biopsy/loop excision • Hysterectomy – abdominal or laparoscopic • Contraception - intrauterine device insertion and removal • Laparotomy

Type	Elective Surgical Services/Procedures
Orthopaedic	<ul style="list-style-type: none"> • Knee – ACL reconstruction • Shoulder – open repair, rotator cuff repair, dislocation • Hand surgery – carpal tunnel, duputrens contracture, trigger finger, ganglion removal • Foot surgery – fusion, bunionectomy, amputation, bone spur, toe amputation, toenail excision • Joint replacement – knee, hip, shoulder, revision • Trauma surgery
Urology	<ul style="list-style-type: none"> • Bladder neck incision • Cystoscopy & stent insertion • Vasectomy & circumcision (for medical reasons only) • Hydrocele • Frenoplasty • Supra pubic catheter – change of and insertion • Prostatic biopsy • Lithoplasty • Trans urethral resection bladder & prostate • Radical prostatectomy
Ophthalmology	<ul style="list-style-type: none"> • Cataract extraction and insertion intraocular lens • Entropion & ectropion • Pterygium • Removal foreign body or lesions • Trabeculectomy • Vitrectomy
Dental	<ul style="list-style-type: none"> • General dental under anaesthetic



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SOUTHERN NSW LOCAL HEALTH DISTRICT

SNSWLHD-ConsumerFeedback@health.nsw.gov.au

nsw.gov.au/snswlhd

NSW Surgery Access Line 1800 053 456



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@Southern NSW Local Health District



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