

**DENTAL, ORTHODONTIC, MAXILLO-FACIAL
PAEDIATRIC NASAL AIRWAY REFERRAL FORM**

W: www.ents.com.au | E: contact@ents.com.au

Suite G6, Norwest Private Hospital, 11 Norbrik Drive, Bella Vista NSW 2153

PATIENT DETAILS

Name:	Date Of Birth:	Mobile/ Daytime Contact No:
Address:		

ASSESSMENT REQUESTED

<input type="checkbox"/> Nasal obstruction/ Blocked nose	<input type="checkbox"/> Adenoid facies/ dark under eyes
<input type="checkbox"/> Mouth Breathing	<input type="checkbox"/> Large tonsils
<input type="checkbox"/> Snoring/ noisy breathing	<input type="checkbox"/> Allergic rhinitis/ Hayfever

OTHER RELATED SYMPTOMS

<input type="checkbox"/> Bruxism/ Teeth grinding/ Clenching	<input type="checkbox"/> Night sweats
<input type="checkbox"/> White (Dry) patches on teeth	<input type="checkbox"/> Bed wetting
<input type="checkbox"/> Orthodontic issues	<input type="checkbox"/> Other

CLINICAL NOTES

INVESTIGATIONS (OPTIONAL)

Where the following investigations have been ordered, please provide results to the patient or email results to: **contact@ents.com.au**

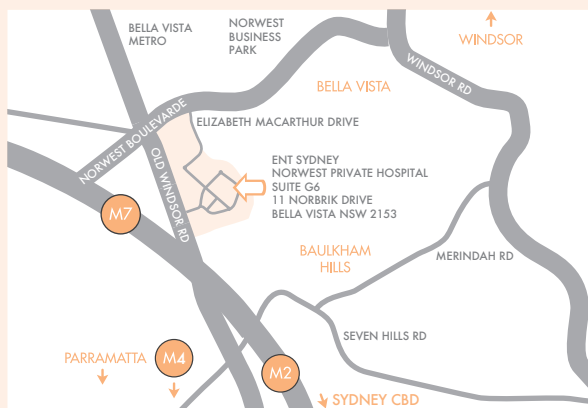
<input type="checkbox"/> CT or CBCT of nose and sinuses	<input type="checkbox"/> Sleep study	<input type="checkbox"/> Allergy tests ie Skin Prick Tests OR Blood Tests (RAST - Specific IgE)
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REFERRING DOCTOR/ PRACTICE STAMP

Name:	Provider number:	Date:
Telephone:	Fax:	Email:
Address:		
Signature:		<input type="checkbox"/> New Referral Pad

How to find us:
Dr Narinder Singh
ENT Sydney
Norwest Private Hospital
Suite G6
11 Norbrik Drive
Bella Vista NSW 2153
Parking within hospital

Maps/ Forms/ Info/ Contacts:



Telephone: 9680 8800

Email: contact@ents.com.au

Driving Directions

Please enter "11 Norbrik Drive" in your GPS. If using your phone, enter "Dr Narinder Singh" or "Norwest Private Hospital"

Parking

Please enter from Norbrik Drive. There are over 600 parking spaces on-site (per-hour fee)
On-street parking is free
You may also park for free in the nearby "Circa" Shopping Centre (5-10 min walk)

Suite G6 Location

We are located on the GROUND floor at the END of the long corridor. Please arrive 10-15 minutes early for your Appointment for registration and to fill in a health questionnaire

What to Bring to Your First Appointment

- ☐ This referral form
- ☐ Sinus scans (CT/ CBCT), if available. Please bring/ email actual scans, not just the report
- ☐ Sleep study report, if available
- ☐ Allergy test results (Skin prick tests/ Blood tests), if available
- ☐ Medicare card, DVA card, Pension Card
- ☐ Private Health Insurance information
- ☐ Please complete our "New Patient" form: www.ents.com.au/new-patient-form.html

To Cancel an Appointment

Telephone the office during business hours (02) 9680 8800

Please cancel at least 1 day ahead so that your appointment time can be allocated to another patient

FREQUENTLY ASKED QUESTIONS:

Why is my child being sent to Dr Singh, ENT Surgeon?

Your Dentist/ Orthodontist/ Maxillo-Facial surgeon is concerned that your child has a blocked nose. Your child has been referred to see Dr Singh. Dr Singh is an ENT surgeon who specialises in treating children's noses.

What does the nose have to do with the teeth?

A clear nose is critical to the development of normal teeth and jaws in children. Normally, children should breathe through their nose, especially at night. If the nose is blocked, children will breathe through their mouth. This is abnormal.

How does mouth-breathing affect the teeth and jaws?

When children mouth-breathe, their teeth can grow crooked, and their upper and lower jaws may not develop properly, affecting their facial appearance.

How does mouth-breathing cause crooked teeth and narrow jaws?

Normally, when children breathe through their nose, the mouth is closed. The jaws expand as they are guided by the tongue and lips in the closed mouth. This creates a wide space for the teeth to grow straight naturally.

When children abnormally breathe through an open mouth the tongue drops down. Without pressure from the tongue the jaws don't expand. The narrow jaws don't have enough space for the teeth which makes them grow crooked.

Won't braces fix my child's crooked teeth?

Yes, but if the nose is not fixed, once the braces come off, the teeth may become crooked again! Early intervention can avoid extensive braces.

How can I tell if my child's nose is blocked?

Watch your child when they are asleep (*all night*, not just at the start). If their mouth is even slightly open, their nose is blocked! Other tell-tale signs include:

- Snoring/ noisy breathing
- Stuffy nose
- Teeth grinding/ clenching at night
- Dry or cracked lips
- Dark circles/ bags under the eyes
- Dry mouth on waking up
- Restless, poor quality sleep/ waking
- Crooked teeth
- White patches on the teeth (because teeth dry out from mouth-breathing)

In severe cases, there may be:

- Bed-wetting
- Night sweats
- Tiredness/ many naps during the day
- Choking/ breathing stops at night
- Disruptive behaviour during the day/ cranky/ irritable/ poor concentration

What causes blocked nose in children?

In the majority (>95%) of children, blockage is caused by:

- Big adenoids
- Big Inferior turbinates

Other common causes of blockage in children include:

- Hayfever (Allergic rhinitis)
- Deviated septum

Rare causes of blockage in children include:

- Problems from birth
- Tumours (very, very rare)

How can I find out what is causing my child's blocked nose?

Dr Singh specialises in nose problems in children. Dr Singh uses special tests to find out exactly what is causing your child's problems.

What tests can Dr Singh perform?

Dr Singh will examine your child's nose using special instruments.

Dr Singh will pass a super-fine camera into your child's nose to look at the septum, turbinates and adenoids (the nose is made numb first using a numbing spray). You can watch the camera on a TV monitor and see for yourself exactly what is causing your child's blocked nose.

Dr Singh may organise an allergy test (usually age >6) in our office, or blood tests. Despite all the tests and high-technology available, the most accurate tool is your doctor's knowledge, training and experience!

Can my child's blocked nose be treated?

Yes. In almost every single child with blocked nose, the cause can be found and treated.

How will my child's blocked nose be treated?

The treatment used will depend on the cause.

Anatomical problems can be fixed with surgery. In most cases, this is "day-surgery" (your child will return home on the same day as the procedure). Your child will be asleep during the procedure (general anaesthetic).

Large adenoids: These are fixed with an adenoidectomy procedure

Large inferior turbinates: These are fixed with a procedure called "Coblation to the inferior turbinates" or "inferior turbinoplasty" for kids with a deviated septum.

Deviated septum: This is fixed with a Septoplasty procedure, but only when the child's growth has slowed down (usually age 15+). Until then, a temporary improvement in the nasal blockage is gained with adenoidectomy and Coblation to the inferior turbinates or inferior turbinoplasty.

How are other causes treated?

Hayfever (Allergic rhinitis): This can often be treated with nasal steroid sprays, antihistamines or de-sensitisation. If these measures are not enough, Coblation to the inferior turbinates or inferior turbinoplasty is performed.

Are there any alternative treatments to surgery?

Yes. There are always options and it is always your choice as to whether to have surgery. In general, you can try other options first and choose surgery if nothing else works. Non-surgical options include:

Do Nothing: If your child's problem is not severe, you may choose not to have any treatment at all.

Medications: Try Nasal steroid sprays and antihistamine tablets/ sprays from your pharmacy or from your GP. They work best for children with allergy but may sometimes help children without allergy. Medications should be tried for at least one month before giving up.

De-sensitisation: If tests show that your child has allergy, then de-sensitisation can sometimes be an option. This involves a series of regular weekly-monthly injections or drops, taken for 3-5 years. Success rates are variable.

We recommend that you consider trying some of these non-surgical options. Then see Dr Singh when you are ready for surgery. There is a long waiting list to see Dr Singh and it is best if you see Dr Singh for surgery after the non-surgical treatments have failed.

Are there any risks to surgery?

Yes. Everything we do in life has risks. Even something as simple as crossing the street has risks... but we still cross the street. Dr Singh will explain the risks of your child's procedure and provide you with an information pamphlet that explains the risks in detail. If you have any questions about risks, ask Dr Singh during your consultation.

What should I do next?

Call us on (02) 9680 8800 to make an appointment. Please visit our website and complete our "New patient form": www.ents.com.au > New patient form OR <http://www.ents.com.au/new-patient-form.html>

I have already seen a doctor - I was told nothing could be done for my child's problems. What should I do?

Almost all children with blocked nose can be treated or improved. Dr Singh is a children's nose specialist and has expertise in difficult and complex cases.

I have already seen a surgeon and my child had an operation. It didn't work! What should I do?

Even children who have undergone previous surgery can often be treated or improved. Dr Singh is a children's nose specialist and has expertise in performing revision or corrective surgery.

DISCLAIMER: The material on this page represents general information only and is NOT medical advice. For specific medical advice about your individual circumstances you must consult a trained medical practitioner.

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