

PITTWATER DAY SURGERY

QUARTERLY NEWSLETTER

Welcome to Pittwater Day Surgery



We are a local facility situated in Mona Vale and staffed by local Nurses, Wardsmen, Sterilizing and Administration staff. We are very conscious that local residents want to stay close to home and this Day Surgery enables the local population to undergo Day Surgery in a state-of-the-art facility. Our surgeons / proceduralists are of the highest calibre and also operate in the large overnight facilities including Northern Beaches, North Shore Private, Mater, SAN and Royal North Shore.

Meet The Doctors



DR ANTHONY CHELLAPPAH

BDS (Adl.), MBBS (James Cook), BScDent (Hons), FRACDS(OMS)
Specialist Oral & Maxillofacial Surgeon

Dr Anthony Chellappah is a contemporarily trained Oral and Maxillofacial Surgeon. With degrees in Dentistry and Medicine and a Fellowship from the Royal Australasian College of Dental Surgeons, he is experienced in the surgical management of conditions affecting the teeth, mouth, jaws, face and neck. Dr Chellappah has completed over 16 years of study and training and is registered as a specialist Oral and Maxillofacial Surgeon with the Dental and Medical Boards of Australia, practising the full scope of his specialty including the removal of impacted wisdom teeth, complex dental extractions, oral and facial implants, orthognathic surgery, facial trauma and oral pathology.

After completing Dentistry and relocating to Queensland to study Medicine, Dr Chellappah then completed his Medical Internship before working as a Principal House Officer in Plastic Surgery and Oral and Maxillofacial Surgery. This was followed by four years of advanced surgical training in the specialty of Oral and Maxillofacial Surgery at various hospitals throughout Queensland. Dr Chellappah then travelled to London and worked at the prestigious King's College Hospital to obtain further subspecialty experience in the surgical management of facial trauma and the correction of congenital and acquired craniofacial deformities as a Senior Clinical Fellow.

Dr Chellappah is a dedicated surgeon who is always committed to advancing and furthering his knowledge and skills. He regularly attends courses and conferences, and has published and presented his research works in Australia and abroad. He is involved in teaching medical and dental students, providing lectures and hands-on training, further committing to advancing his field. Dr Chellappah is pleased to offer comprehensive and high quality Oral and Maxillofacial Surgery services to the residents of the Northern Beaches, delivered in an empathetic and unrushed manner with a focus on excellent communication and patient comfort from initial consultation through to the post-operative phase.



Royal Australasian College
of Dental Surgeons

Proud Fellow (FRACDS)

Anthony Chellappah

ORAL AND MAXILLOFACIAL SURGEON

Our Health Tip

Be Kind To Yourself

The transition to the shorter and busier days of fall can be a challenge. To help ease the change, we've put together some Wellness Tips to get you ready for the colder months and keep your mental (and physical!) health in check.

- Get your flu shot and yearly check-up. Self-explanatory! No one likes sniffing and aching and sneezing and coughing getting in the way of life
- Boost your immune system. You can do this by drinking plenty of water, washing your hands often to prevent sickness, and eating nutritious foods.
- Get yourself ready for Daylight Savings Time. Go to bed earlier when you can, especially the week before the clocks change. Longer periods of darkness = longer periods of sleep!
- Make some plans for the cold months. In the winter, we tend to hibernate if we don't have things to keep us busy.
- Moisturize your skin. Harsh temperatures can make your skin dry. Also, you still should be wearing sunscreen.
- Start taking a Vitamin D supplement. We get most of our Vitamin D from the sun, so our intake decreases when the weather is colder since we spend most of our time inside during the fall/winter seasons. If you find you are not getting outside much, a Vitamin D supplement can boost your mood and immune system!
- Buy in-season food. Beets, broccoli, cabbage, eggplant, kale, pumpkin, broths, roasted squash, roots and sautéed dark leafy greens are all great choices
- Do some "spring cleaning" in autumn. Clean out your closet, organize that back room, and rid yourself of things you don't need.
- Get some books to read and shows to watch. Who doesn't want to sit by the fire on chilly winter nights and read a good book or binge-watch some Netflix?
- Be kind to yourself. The holidays can cause weight gain, shorter days can cause low mood, and the flu season can cause sickness. Listen to your body and give it what it needs, and don't beat yourself up! Try reframing negative thoughts into positive ones.





Staff News

One of our lovely and valued staff members is AIN Hazel Carson. Hazel had been studying science and has moved into the School of Medicine at Western Sydney University.

We will miss her smiling face around the day surgery but wish her very well in her future studies, and are quite sure she'll be a fabulous doctor, whichever specialty she chooses.

Quality & Safety News

We have just recently introduced a new paediatric emergency trolley. The drawers are allocated according to the weight of the patient and will provide easy access to essential equipment in the case of an emergency.

As part of our commitment to ongoing improvement in our standard of care, PDS belongs to Benchmarking group so that we can work with and measure ourselves alongside other similar day surgeries. This process ensures we keep abreast of new developments to offer the best possible care. Part of this process includes auditing and this quarter we scored above the Benchmark score in comprehensive reviews of our Clinical Processes, our Risk Management processes and our Medication Management.

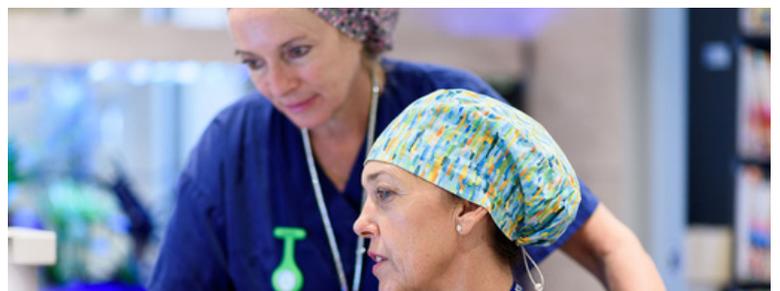
These results demonstrate that Pittwater Day Surgery provides a safe and compliant environment for your surgical procedures. The above audits did identify some small improvements that can be made to make our working environment even better. If you'd like more information about any of our quality projects, please contact quality@pittwaterdaysurgery.com.au



Pittwater Day Surgery acknowledges the traditional custodians of the land where our hospital lies, and we pay our respect to their elders past, present, and emerging.

We acknowledge and respect their continuing culture and the contribution they make to the life of this region.

Aboriginal culture is integral to our understanding of belonging, community and care of the land.



The Patient Experience

Last month 100% of patients surveyed were happy with their experience at Pittwater Day Surgery. One patient had this to say: "The professional and caring staff made the experience a happy one"