

Feature article

Soft Tissue Lesions

THE RECIPE FOR YOUR CLINICAL DIAGNOSTIC PROCESS

Soft Tissue Lesions

The recipe for your clinical diagnostic process is simple and should be standard:

1. The history of lesions – the patient may be unaware (asymptomatic), but generally record the history of the lesion (including onset and duration), location, size, symptoms, aggravating and relieving factors, and any obvious associated factors). Has there been any previous management?
2. The medical history should be complete and include the social history. Include a photograph of the lesions as a base line.
3. A description of the lesions (as if you were describing it over the phone, this would include colour, size etc.). Measurements and a photo with a ruler are useful, include full face photo for lip black spots.
4. Investigations – for example vitality, OPG, other imaging.

Red and White Lesions

A brief diagnostic sieve should include most commonly: trauma (look for any obvious cause), systemic causes (generally would present as generalised/bilateral lesions), related to medicines (look for a history of medicine associated with oral manifestations), infections (the most common would be candidosis, or tooth abscess), malignancy (it is important to have a high index of suspicion for those lesions that don't appear to respond to your initial management; remember the high risk sites for carcinoma are the lower lip, lateral and ventral tongue, floor of mouth and pillars of the fauces, and oral mucosal squamous cell carcinoma can look white, red, ulcerated, or normal).

Ulceration can be approached in a similar manner to the red and white lesions, except that symptomatic management in terms of topical measures can be initiated before referral to a specialist.

Options for referral in NZ include – DHB's, Otago University (no exclusion criteria and no cost) and private practice oral medicine specialists, or oral and maxillofacial surgeons.

Example referral forms over-page.



by **A/Prof. Ajith Polonowita**
BDS, MDSc, MRACDS, FOMAA
and **Dr Simon Guan**
BDS, MBChB, DCLinDent





Feature article



A/PROFESSOR AJITH D. POLONOWITA

ORAL MEDICINE

New Zealand: 1. 7 Wairakei Rd, Strowan, Christchurch 8052 Ph: +64 3 3514908; Fax: +64 3 3519083
 2. 54 Pegasus Main Street, Pegasus 7612 Ph: +64 3 9204003 Fax: +64 3 920 4005
 3. 34 London St, Dunedin 9016 Ph: +64 3 477 3123 Fax: +64 3 4775970
 4. 4/42 Silverstream Boulevard, Kaiapoi 7630 Ph: +64 3 9258003

HEAD OF DISCIPLINE: University Of Otago

ACADEMIC LEAD: La Trobe University

aporalmed@gmail.com

Referring Practitioner:

Address: _____

Email: _____ PostCode _____

Patient Name: _____

Address: _____

_____ PostCode _____

DOB: _____ ; Phone Number: _____

- TMD
- White lesion
- Red Lesion
- Discoloration
- Dry Mouth
- Burning Mouth
- Oral Ulceration
- Chronic Facial Pain
- Sleep Apnea
- Other, Specify _____

Comments:

Signature: _____ Date: _____

aporalmed@gmail.com



BIOGRAPHY

Associate Professor Ajith D Polonowita, BDS, MDSc, MRACDS, FOMAA

University of Otago, Head of Discipline of Oral Medicine

Graduated Otago BDS, then House surgeon years in Invercargill. Specialist training in Melbourne in Oral Medicine and Pathology.

Current and past positions:

- Academic Lead and Subject coordinator (Oral Medicine and Pathology) La Trobe Dentistry and OH, Australia
- Discipline Head of Oral Medicine -Post Graduate and Undergraduate Oral Medicine, Otago University, New Zealand
- Consultant in charge of Oral Medicine at Canterbury District Health Board, New Zealand
- Consultant in charge of Oral Medicine, Bendigo Base Hospital, Victoria, Australia
- Private Specialist Practice in Victoria, Australia
- Private Specialist Practice in Canterbury, NZ
- Board of studies Oral Medicine, RACDS
- Equivalence Committee Oral Medicine Dental board (APHRA)



Faculty of Dentistry
Te Kaupeka Pūniho
New Zealand's National Centre for Dentistry

Oral Medicine/TMJ Clinic - Internal Referral Form

<p>Patient Details</p> <p>Patient Label</p> <p>Please ensure you have up to date contact details</p>	<p>Date:</p> <p>Department:</p> <p>Student:</p> <p>Supervisor:</p> <p>Please include your name and operator number</p>
---	--

<input type="checkbox"/> Referral to Oral Medicine	<input type="checkbox"/> Referral to TMJ							
Brief outline of referral condition, including date of first observation & any changes in condition.								
Any relevant history and prior management								
Check List to Be Included With Referral								
Up to date Medical History	Yes/No	Doctor/Specialist Details	Yes/No	N/A				
Up to date list of all Medications	Yes/No	N/A	List of Allergies	Yes/No	N/A			
Any Blood Results	Yes/No	N/A	Private Health Insurance	Yes/No				
Smoker	Yes/No	Amount per day	Provider Name:					
Alcohol	Yes/No	Amount per week	Dated Clinical Photographs	Yes/No	N/A			
Radiographs: PBW: Yes/No		N/A	PA: Yes/No	N/A	OPG: Yes/No	N/A	CBCT: Yes/No	N/A

Office Use Only

Date Referral Received	
Date Referral Triaged	Clinician Sign.
Referral Accepted	Yes/No
Priority Given For Waitlist	
Referral Declined - Return to referrer for further treatment.	
Reason	
Additional Information	

BIOGRAPHY

Dr Simon Guan, BDS, MBChB, DCLinDent (Oral Medicine)

University of Otago, Oral Medicine Consultant

Dr Guangzhao (Simon) Guan is a registered specialist in Oral Medicine in New Zealand.

Dr Simon Guan graduated from both BDS and MBChB at the University of Otago, New Zealand. Further specialist qualification was gained at the University of Otago, graduating with DCLinDent in Oral Medicine in 2012. Currently, he is a senior lecturer and specialist consultant in oral medicine at University of Otago. His research interests include oral mucosal diseases and TMD.

