



# Dr Virginia Oliveira

Consultant Paediatrician,  
Paediatric Sleep Specialist

## The Sleep Cottage

2 / 83 Kareena Road, Miranda NSW 2228

Ph: 02 9195 6677 Fax: 02 9198 9511 E-mail: [frontdesk@thesleepcottage.com.au](mailto:frontdesk@thesleepcottage.com.au)

---

**Congratulations** on the birth of your new baby, a beautiful and exciting time for you and your family. The doctors and staff at The Sleep Cottage are dedicated to ensuring that your baby receives the very best standard in care and that you, as parents, are given the time, explanation and reassurance to become confident carers.

### Hospital Stay

Just as you have chosen a private doctor to deliver your baby, it is a recommendation that your newborn baby be examined and cared for by a private paediatrician. **The Royal Australasian College of Physicians recommends that your baby be checked in the first 48 hours of life and prior to discharge to ensure baby is in good health to go home.** In the unlikely event your baby becomes unwell, extra visits may be required by the paediatrician. In the event that you have not chosen a paediatrician, one will be allocated to you by the hospital. Like your obstetrician, the paediatrician who looks after your baby is a **private practitioner.** Dr Oliveira will charge private fees for seeing your baby. These fees **ARE NOT** included in your hospital fees. You will receive an account after your discharge from the hospital. Our fees are based on time and complexity. An initial consultation fee is generally around \$450.00 and the discharge visit is generally around \$250.00 (you will receive a Medicare rebate of approximately 85% if you have reached the Safety Net). If there is a requirement for extra visits, these will be billed accordingly in line with Medicare requirements.

### Post natal check (The 6-8 week check)

Routinely it is recommended that your paediatrician see your child 6-8 weeks after birth and/or discharge from hospital. This is essential to make sure that your baby is happy and healthy, gaining weight and achieving his/her milestones as expected. This is also an opportunity for you to ask questions regarding the care of your newborn baby especially for "first-time" parents. If all is well at this visit, your paediatrician will discharge your baby back to the care of your general practitioner. In the unlikely event that some things require further monitoring, your paediatrician may ask you to return for one or more checks and then discharge you back to your GP.

The Sleep Cottage also has a Child and Family Health Nurse who can assist with lactation advice, weaning, starting solids, sleep and settling, managing reflux and constipation as well as general health advice. Appointments can be made through our reception staff.

It is highly recommended that you call the office to schedule your post natal visit as soon as possible to avoid disappointment. Our appointment schedule runs approximately 6 – 8 weeks in advance so it is wise not to wait. Our reception staff will be happy to assist you with a time that is mutually convenient where possible.

## Referrals

A referral is made by your obstetrician to your paediatrician for initial care for your baby. This referral is only valid for 3 months from the birth of your child. If you are required to return for ongoing issues, a GP referral is required. This is valid for 12 months for the particular conditions being dealt with from the newborn period. If anything new arises, you must consult your GP in the first instance. If they are unable to provide treatment/management of the condition in question they will give you a new referral to your paediatrician and this will become an initial consultation again for a new condition. Our friendly reception staff will be happy to explain this process to you when making your appointments.

## Parking

We wish to advise that parking can be challenging in our area and unfortunately, we do not have any parking on site. As we have 2 major hospitals within 500 metres of our surgery, parking can be very difficult. So please allow plenty of time for parking so that it does not impact on your appointment time. If you are running late, we request you call us to let us know so we can let the doctor know.

## Accounts

Accounts that are rendered for hospital visits may be settled as soon as you receive them and these accounts are due within 7 days. A receipt will be issued. When claiming on Medicare, you will need both the tax invoice originally issued as well as the receipt. All services rendered are “outpatient” services as when your baby is born it is not admitted to the hospital, your baby is “boarding” with you. In the unlikely event that your baby becomes unwell and requires more intensive nursing care, your baby will be then admitted to the Special Care Nursery. If this occurs and your baby is in the nursery for more than 24 hours and the paediatrician visits your baby in the nursery, the accounts for these visits can be claimed with your private health fund.

## Medicare Safety Nett

It has come to our attention that you need to be very proactive regarding confirming your family details for the Medicare Safety Nett Threshold, as well as checking that your existing safety nett balance is transferred to your new Medicare card number and applied to your baby. This can be done via Express Plus Medicare app on your phone or online through your My Gov account.

## Cancellation of appointments

Please note that if less than 48 hours notice of cancellation, or a confirmed appointment is not attended there will be a \$250 cancellation fee issued. This fee must be paid before any further appointments will be made.

## General Information

We are here to assist and support you in caring for your newborn baby. A nurse is happy to assist with things like unsettled behaviour, feeding difficulties and sleep/settling problems. Alternately, a home nurse can visit you (bearing in mind that they will charge you a private fee for this service) at home. If your child becomes unwell or you have a concern about their health, in the first instance, you should consult your family GP. He/She may advise you that a review by your paediatrician is required.

If there is anything else our staff can assist you with, please do not hesitate to call.