# ENT Specialist Forster & Mid North Coast

## Expert ENT Care for Mid North Coast Families

Dr. Thomas Nguyen brings over 15 years of specialised ENT expertise directly to the Mid North Coast, serving families in Forster, Tuncurry, Taree, and surrounding coastal communities. He provides advanced ear, nose, and throat care without the need to travel to Sydney or Newcastle.

## Contact and Location

**Forster**: Dolphin Suites, 33 Breckenridge St, Forster 2428   
Phone: (02) 6551 0722

**Consultation Hours:**

* Monday to Friday: 8:00am - 5:00pm

**Easy Access:** Free parking right next to the Dolphin Suites

### Why Choose ENT Care in Forster?

* **Central Location:** In the heart of Forster
* **Shorter Wait Times:** Typically 2-3 weeks vs 4-6 months in Newcastle/Sydney
* **Coastal Expertise:** Understanding of salt air, surfing, and beach lifestyle impacts
* **Day Surgery and Overnight admissions:** Available at Forster Private Hospital
* **No Travel Stress:** Keep your family close to home and the coast

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## Services We Provide

### Common ENT Conditions Treated:

**Children's ENT Issues:**

* Sleep apnoea and loud snoring
* Recurrent ear infections
* Enlarged tonsils and adenoids
* Speech delays from hearing problems
* Grommets and adenotonsillectomy

**Adult ENT Problems:**

* Chronic sinusitis and sinus surgery
* Surfer's ear (exostoses)
* Nasal blockage and deviated septum
* Voice disorders and throat problems
* Adult tonsillectomy
* Coastal allergy management

## Advanced Surgery at Forster Private Hospital

Dr. Nguyen performs over 120 procedures annually at Forster Private Hospital, bringing metropolitan-standard surgical care to the coast:

* **Same-day surgery** for most procedures
* **Endoscopic sinus surgery** for complex sinus surgery

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## Specialised Coastal ENT Care

Dr. Nguyen understands the unique challenges of coastal living:

### Surfer's Ear and Water Sports

* **Prevention strategies** for regular surfers and swimmers
* **Minimally invasive surgery** for surfer's ear removal
* **Post-surgical protocols** for safe return to water activities
* **Hearing protection** recommendations for cold water exposure

### Salt Air and Sinus Health

* **Optimised treatment protocols** for coastal humidity
* **Natural saline therapy** guidance
* **Coastal allergy management** for wattle and sea grass pollens
* **Mould prevention** strategies for humid coastal homes

## Frequently Asked Questions

### What services are available locally?

Dr. Nguyen provides comprehensive ENT care including paediatric surgery, grommet insertion, sinus surgery and voice treatments. All procedures are performed at Forster Private Hospital.

### How do I book an appointment?

Once a referral is sent through to us at [referrals@drthomasnguyen.com.au](mailto:referrals@drthomasnguyen.com.au), one of our reception staff will call you to arrange an appointment.

### What should I expect on my first visit?

Your initial consultation includes a comprehensive assessment of your ENT condition, discussion of coastal lifestyle factors that may affect treatment, and a clear explanation of next steps tailored to beach living.

### Which hospitals does Dr. Nguyen operate at?

Surgery is performed at Forster Private Hospital. Dr Nguyen does not operate at the Mayo Private Hospital in Taree or at Manning Base Hospital.

### Do you accept my health insurance?

Dr. Nguyen participates in Medicare and works with all major private health insurance funds. Gap payments are offered to patients seen in the Forster Practice.

### What are your consultation fees?

Consultation fees are structured for regional economic conditions. Medicare rebates apply for all services.