

**John T. Dearborn, M.D.**  
*Orthopaedic Surgeon*

December 2020

**John G. Costouros, M.D.**  
*Orthopaedic Surgeon*

Dear Patients,

**Kelly K. Haws, PA-C**  
*Physician Assistant*

We hope you are finding creative ways to connect with people you love, despite most of our local counties currently in the “Purple Tier.” By now, most of us have some personal experience with the virus, and some are even grieving the loss of loved ones. Many have appropriately downsized gatherings – while the new vaccine options provide hope that precious in-person connection with family and friends is not far off.

**Dave Bryan, PA-C**  
*Physician Assistant*

In the meantime, we must be patient with a likely slow rollout of the vaccine. Access to Covid testing has improved, but we need to be vigilant with masks and hand washing to protect ourselves and others. Telemedicine will continue to help keep medical waiting rooms less populated, though a face-to-face visit with your physician is recommended if you are experiencing acute or particularly concerning symptoms.

**Breane Wong, PA-C**  
*Physician Assistant*

Some important updates:

Gratefully, we were allowed to resume elective surgeries in April; so if your hip, knee or shoulder is keeping you from enjoying life, now is a great time to have your problem solved. Our unique, quarantined space at Washington Hospital allows the safest possible inpatient experience. Every patient is tested for Covid 3 – 5 days before their surgery date, either where they live or at our site. One family member is allowed into the care unit for a few hours on the day of discharge, to help with information transfer.

Our clinics are open Monday – Friday. If you have been exposed to Covid recently or are awaiting test results, please do not come to our office. We perform temperature screening, but that alone is not reliable. If you are due for an annual follow-up and are doing fine, we would prefer to complete your visit via telemedicine.

Our Peninsula Surgery Center (PSC) construction is finished! Though we are awaiting Medicare certification (which takes approximately two months), we expect to have PSC available as a surgical site option in late February 2021.

Dr. Dev Mishra, our Associate specializing in non-operative restorative medicine, has expanded his Menlo Park office hours to Tuesday and Friday mornings. He is an expert in the latest injection technologies, including platelet-rich plasma, umbilical Wharton's jelly and stem cells.

Thank you for taking time to read this update. Please join me in continuing to pray for healing for those affected by Covid-19, and for our country as a whole—that we might offer one another respect, patience and grace.

Blessings to you all,



John T. Dearborn, M.D.

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