

John T. Dearborn, M.D.
Orthopaedic Surgeon

Winter 2021

John G. Costouros, M.D.
Orthopaedic Surgeon

Dear Patients,

Kelly K. Haws, PA-C
Physician Assistant

We hope you were able to safely spend some quality time with family over the holidays, either in person or via an online video experience. Thankfully, though too many folks traveled outside their “bubble,” the holiday surge appears to be tapering off and – combined with some progress with vaccinations – we anticipate things will improve in the coming months.

Dave Bryan, PA-C
Physician Assistant

We highly recommend getting the vaccine as soon as it is available to you. The rollout has been confusing, but we encourage you to talk with your primary care physician and be persistent. In the meantime and even after you are vaccinated, please be safe. Masks, hand washing, and distancing will be necessary for the foreseeable future for everyone regardless.

Breane Wong, PA-C
Physician Assistant

Some important updates:

We currently offer telemedicine visits for our existing patients in lieu of annual follow ups and also for new patients who prefer to meet with us via an online platform. When you speak with April or Victor, one of our New Patient Coordinators, please request a telemedicine visit if that is your preference. Beyond our other safety measures, nearly our entire clinical staff has received the COVID-19 vaccine, so if you prefer to see us in person, you are safe doing so.

Gratefully, we resumed a full surgical schedule last April, so if a painful hip, knee or shoulder is keeping you from enjoying life, now is a great time to have your problem addressed. Our unique, quarantined space at Washington Hospital allows the safest possible inpatient experience, however brief. Every patient is tested for COVID three – five days before their surgery date, either close to where they live or at our hospital testing 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 at this time.

Our Peninsula Surgery Center (PSC) construction is finally complete. We are now awaiting Medicare certification, which takes approximately two months. Given that, we expect to have the PSC as a surgical site option in late March 2021.

Dr. Dev Mishra, our Associate specializing in nonoperative restorative medicine, is offering ultrasound-guided injections with long-acting steroids, hyaluronic acid and now amniotic fluid, which has level one evidence from randomized clinical trials showing efficacy in managing arthritis symptoms.

Thank you for reading this update. Please join me in continuing to pray for healing throughout our nation as we look forward to better times ahead.

Blessings to you all,



John T. Dearborn, M.D.

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