



**Amit Momaya, MD**

Orthopedic Surgeon, Chief of Sports Medicine  
Team Physician for UAB, Legion FC, and Bulls Hockey  
Highlands Appointments: 205.930.8339  
MomayaMD.com

**AFTER SURGERY INSTRUCTIONS**

Physical Therapy

Therapy is an extremely important aspect of your recovery. Please make sure you arrange physical therapy as instructed by Dr. Momaya. Please be sure to take the physical therapy protocol with you to your appointment. Dr. Momaya will give you the prescription for physical therapy on the day of surgery.

Incision Care / Bathing

Dr. Momaya will provide specific instructions on day of surgery. For simple scope procedures, most dressings may be changed a few days after surgery. Once the incisions stay dry for approximately 24 hours after the first dressing change, one may start to shower (typically 7 days after surgery). You may let soapy water run down across the incision site area, but please do not scrub the incision area. Leave the steri-strip adhesives on your incision, and these will fall off over time as they get wet. If you have a splint or cast, do not get that wet.

Pain Medications

Please follow the instructions as provided on your pain medications.

Other Medications

Dr. Momaya may prescribe medication to prevent blood clots if appropriate. If you have been prescribed this, please make sure you take this medication as instructed. Also, Dr. Momaya has all patients take a multivitamin and a combination tablet of **Calcium/Vitamin D** over the counter daily. Please select one that has at least 600 mg Calcium and 800 IU of Vitamin D (i.e., Caltrate). Take the vitamins for at least 3 months after surgery. We also check your Vit D level on a blood draw. If low, we will send a higher strength prescription for Vit D.

Driving

Please refrain from driving until you are off all narcotics and have full control of the extremity.

Post-operative Issues

Please let us know immediately if you have any persistent fevers (above 101.4 degrees F), sudden increase in pain and swelling, increased numbness or weakness, deep calf pain/swelling or shortness of breath. Please call our office first if during business hours. Please do not wait until the end of the day to call. We will advise if it best to come to the clinic or go to the emergency room.

Contact Numbers

For questions at UAB call Sarah Kaspro, ATC at 205-930-8339 (option 2).

For urgent questions outside of normal business hours, please contact the UAB Hospital operator at 205-934-3411 and ask to have the orthopedic resident on call paged.