



**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

**BEFORE SURGERY INSTRUCTIONS**

Cleansing

Dr. Momaya takes infection precautions very seriously. Once you have signed up for surgery, please purchase **antibacterial body soap** (i.e., Dial AntiBacterial Soap) and use this daily before surgery, including the morning of surgery. You will also continue to use this after surgery for bathing.

If you are having shoulder surgery, please purchase **5% Benzoyl Peroxide (BPO) gel**. This gel should be applied starting 2 mornings before the surgery. After a wash, rinse, and dry of the area, patients should apply a half-dollar-size dollop of BPO to the entire shoulder and armpit area. This application is repeated at night, the following morning and night, and the morning of surgery, for a total of 5 applications.

Finally, if you have any nail polish on that extremity, please completely remove prior to surgery.

Physical Therapy

Therapy is an extremely important aspect of your recovery. Please go ahead and schedule an appointment with a local physical therapy office per Dr. Momaya's instructions. Do this prior to surgery. Physical therapy will not be set up for you. It is your responsibility to call and schedule physical therapy with a local office. Dr. Momaya will give you the prescription for physical therapy on the day of surgery.

Medications

You will be prescribed a pain medication for after surgery. It will often be sent electronically to your pharmacy. Please go ahead and obtain your prescription prior to surgery so you have it ready to be used immediately after surgery. 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 after surgery. 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 will often also check your Vitamin D level with a blood draw. If this value is low, we will prescribe a higher dose of Vit D.

Contact Number

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