



TFCC REPAIR – ARTHROSCOPIC

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Important instructions following surgery:

- After surgery, the wrist and hand will be in a short arm splint. Please DO NOT remove. Try to keep the bandage clean and dry.
- To minimize swelling, keep the hand elevated to shoulder level.
- When sitting or lying, you should use a pillow to support you surgically affected extremity.
- To avoid stiffness and finger swelling, do gentle range of motion with the fingers

0 – 2 Weeks:

- At the end of 2 weeks, follow-up with PA-C in clinic
- Post-op dressings, short-arm will be removed
- Patient independently begins finger range of motion

2 Weeks Post-Op:

- Begin gentle wrist range of motion
 - Forearm rotation to patient tolerance
- Pre-fabricated Splint, as needed, for heavy activities

2 – 6 Weeks Post-Op:

- Continue range of motion, if needed