



TFCC REPAIR (OPEN)

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Important instructions following surgery:

- After surgery, the wrist and hand will be in a long 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.

0 – 2 Weeks Post-Op:

- At the end of 2 weeks, the long-arm post-op dressings will be removed. Follow-up with PA-C in clinic.
- Begin finger and shoulder range of motion

2 – 6 Weeks Post-Op:

- Continue finger and shoulder range of motion
- Long-arm orthosis fabricated at 2 week
 - Remove for hygiene and elbow flexion/extension only
- May begin wrist flexion/extension at 4 weeks with M.D. clearance
- Edema reduction techniques
- Patient education
 - Anatomy of TFCC and precautions for forearm rotation

6 Weeks Post-Op:

- Begin active forearm rotation
- Discontinue long-arm orthosis

8 Weeks Post-Op:

- Begin passive forearm rotation
- Begin gentle resisted forearm rotation