

Triangular Fibrocartilage Complex (TFCC) Debridement Post Operative Rehabilitation Protocol

Following Surgery:

- Expect a surgical dressings and splint to be kept in place until 2 week post-op visit
- Elevate and ice for at least 3 days.
- Continue to elevate as often as possible until your next clinic visit. (Elevate above your heart.)
- Shower with a plastic bag covering the splint and seal with tape.
- Take your pain medicine as needed and as prescribed. Call if any problems or questions arise.
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2 Weeks Post Op:

- Splint and sutures will be removed.
- Gentle active Range of Motion (ROM) to the thumb and wrist is initiated, progressing to gentle passive ROM as wound heals and patient tolerance permits.
- Application of removable volar wrist splint to be worn for additional 2 weeks

8 Weeks Post Op:

- Follow up appointment in clinic if still symptomatic.
- Progressive activities as tolerated.

