

## Triangular Fibrocartilage Complex (TFCC) Debridement Post Operative Rehabilitation Protocol

### Following Surgery:

- Expect a surgical bulky dressing and splint to be kept in place for 10-14 days.
- 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.

### 10-14 Days Post Op (at therapy):

- Bulky dressing, splint, and sutures will be removed.
- Therapist will fabricate a new custom wrist splint with the forearm extending approximately 3" distal to lateral epicondyle to decrease supination. Splint to be worn at all times except during exercises and showering until 6 weeks post op.
- Therapist will address scar management, edema management, and range of motion exercises.
- Hand therapy will continue for approximately 6 weeks.

### 6-8 Weeks Post Op:

- Follow up appointment in the clinic with the P.A. or M.D.
- May begin progressive strengthening exercises.
- Discontinue wrist splint, except during sports or heavy work activity.
- Return to daily activities as able.
- Follow up with doctor as needed.

