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**Hand & Upper Extremity Surgery**  
Florida Bone & Joint Specialists



## POST OP INSTRUCTIONS – WRIST ARTHROSCOPY/TFCC

- **Keep hand and arm elevated most of the time.**
- The numbness from surgery usually lasts about 6-24 hours if you have had a block. If you have a catheter, it may be longer.
- Keep the splint on. It is important to keep it clean and dry. Use a bag over it when showering or while taking a bath.
- Most likely, your fingers will be free. You should move them, even if you use the other hand to move the fingers slowly to prevent them from becoming stiff.
- **Don't lift anything with the affected hand.**
- **If you think the bandage or splint is too tight, it probably is.** Please call us. It is OK to have someone help you unwrap the ace and rewrap it. The plaster splint underneath can also get dislodged. Remember, you were feeling nothing when it was put on, therefore there may be some pressure points that irritate the skin. If you think there is a problem, please call us so we can get you in to change the splint.
- If you had surgery on your dominant hand, writing will be difficult. Don't push it.
- **Call us to be evaluated for any redness, increased heat or anything that looks like an infection.**
- **An increase in pain days out from surgery usually means you are doing too much with the arm.** If it continues despite rest, please call.
- If we had to repair the TFCC, the elbow will be immobilized for a total of 4 weeks. After 4 weeks, limited motion with a splint will be allowed. By 8 weeks, full motion is allowed as long as there is no aggressive action or passive motion (sports, lifting weights, manual labor, etc.). I will want you to use your splint at this time only as a reminder to yourself and others that there is still something wrong.
- **It takes a TFCC at least 3 months to heal enough to play sports.** It takes a Tommy John (elbow), shoulder, or ACL (knee) 9-12 months to return to sports. Remember this when you get frustrated.

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