



**WRIST ARTHROSCOPY WITH TRIANGULAR FIBROCARILAGE
COMPLEX (TFCC) REPAIR POST-OPERATIVE INSTRUCTIONS AND HOME EXERCISE**

You are recovering from arthroscopic wrist surgery.

The following information is to help make your recovery as smooth and rapid as possible.

1. Keep your wrist elevated as much as possible for the next few days. Use your sling as needed for comfort.
2. You may change your dressing on the third postoperative day. Keep a bandage on your incision sites until seen in follow-up.
3. Post-operative bleeding is not unusual. Reinforce your dressing as needed. If you have concerns about the amount of bleeding, please call.
4. Use ice on your wrist for the first 48 hours post-op. Suggested icing is 20 minutes on followed by 20 minutes off. Use it thereafter for symptomatic relief.
5. You have received an exercise page with pictures and instructions on exercises that you may begin now. There is no limit to the amount of these exercises you may do. Stop any exercise that causes sharp pain.
6. Post-operative pain is common but should be controlled by the prescriptions given to you.
7. You will be seen for follow-up within a week. Please call our office listed below if you have any questions or concerns.



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Shoulder Flexion

While seated or standing, keep your elbow immobilized at 90 degrees and raise your arm forward from the shoulder. Repeat 15-20 times. Do this 4-6 times per day (not pictured).

Shoulder Abduction

While seated or standing, keep your elbow immobilized at 90 degrees and raise your arm sideways, away from the side of your body. Move only from the shoulder. Repeat 15-20 times. Do this 4-6 times per day (not pictured).

Ball Squeezes

Place a soft rubber ball into your hand while you are wearing your sling. Gently squeeze the ball and hold the contraction for 3-5 seconds, then slowly relax. Repeat 30 times. Do this 6-8 times per day (not pictured).

Hand Exercise

Gently open and close your hand, as if gently making a fist, then opening your closed fist. Repeat 30 times. Do this 6-8 times per day (not pictured).

Elbow Flexion

Use your "good" hand to bend the elbow of the arm that had surgery. Also using your "good" hand, slowly lower the arm so it is straight. Repeat 15-30 times. Do this 4-6 times per day (pictured at right).

