



**ROSENBERG COOLEY METCALF**  
THE ORTHOPEDIC CLINIC AT PARK CITY

Patrick Olson, M.D.

**TFCC Repair**  
**Post-Operative Protocol**

Days 0-14:	<ul style="list-style-type: none"><li>• Keep post-operative dressing in place</li><li>• Keep dressing clean and dry</li><li>• Keep hand elevated above the level of your heart</li><li>• Make a fist 5 times an hour while awake; finger motion (full extension and flexion) is important for all fingers.</li><li>• May use hand for very light activities of daily living, such as eating, writing, typing, getting dressed, and brushing teeth</li></ul>
Day 14:	Post-Op Appointment <ul style="list-style-type: none"><li>• Post-operative dressing removed</li><li>• Stitches are absorbable and steri-strips left in place</li><li>• Placed in removable wrist splint</li></ul>
Weeks 1 - 6	<ul style="list-style-type: none"><li>• Wear wrist splint full time<ul style="list-style-type: none"><li>○ Take splint off to shower and to work on gentle range of motion several times a day- this is ONLY flexion and extension<ul style="list-style-type: none"><li>○ NO rotation of wrist</li></ul></li></ul></li><li>• May get steri-strips wet, but do not soak (bath tub, swimming, hot tub, etc.); pat area dry with clean towel<ul style="list-style-type: none"><li>○ Once steri-strips fall off and the incision site is fully closed and healed, water activity is unrestricted</li></ul></li></ul>
Weeks 7-12	<ul style="list-style-type: none"><li>• Discontinue use of wrist splint during daily activity<ul style="list-style-type: none"><li>○ Wear splint only during sport related activity and heavy lifting</li></ul></li><li>• Continue to work on regaining full range of motion</li></ul>
3 Months:	<ul style="list-style-type: none"><li>• Return to unrestricted activity without wrist splint</li></ul>