



TUAN A. TRAN M.D., M.B.A, F.A.C.S.

Diplomate American Board of Plastic Surgery, Diplomate American Board of Surgery

General Surgery, Reconstructive Surgery, Aesthetic Surgery, Plastic and Hand Surgery

Triangular Fibrocartilage Complex Surgery

Post-Operative Instructions

After Surgery

You will have a splint or cast covering your arm from elbow to wrist to keep you from either moving your wrist or rotating your forearm. You will also not be able to move your elbow.

Recovery

To help your recovery, follow these recommendations:

- Keep your fingers moving
- Make sure you can make a fist with your fingers and completely straighten them.
- Make sure you can move your thumb across your hand towards your pinky finger and fully straighten it.
- Repeat these motions and efforts throughout the day, especially in the first few days following surgery to keep internal scarring from becoming an issue.

Pain Management

It is expected that you will be sore for the first 1-2 weeks, especially if you had an ulnar shortening. Keep your pain under control with these recommendations:

- Take the prescription pain medicine as prescribed for the first day, and decide the next to what extent you need it.
- Keeping yourself comfortable will allow you to keep your fingers moving and minimize internal scarring from the surgery.
- If you had a 'block' for your anesthetic, you should have great pain relief for anywhere from 8-16 hours from the time of the block. Please start taking your pain medication before the block wears off to help control the pain.

Dressing

- Keep the dressing, and all the skin covered, clean and dry.
- Keep the splint covered in a waterproof setup when showering.
- You may place a plastic bag over and secure with a rubber band when showering.
- Your splint will not be removed until your first post-operative office visit.



TUAN A. TRAN M.D., M.B.A, F.A.C.S.

Diplomate American Board of Plastic Surgery, Diplomate American Board of Surgery

General Surgery, Reconstructive Surgery, Aesthetic Surgery, Plastic and Hand Surgery

Activity Level

- Only use your operative arm for activities you can accomplish pain-free, or relatively pain-free
- You should be able to perform daily living activities like grooming, eating and dressing.
- You may use a sling to support your arm if you are more comfortable that way, but you do not need to use it. You will likely enjoy the support for the first couple of days following the surgery.

Follow-up Visit

At your pre-operative appointment, our office staff will schedule your post-operative visit within 7-10 days of the operation. At this appointment, your arm will be placed in a hard long arm cast for the first 4-6 weeks. You will then transition to a removable splint/brace and you will begin formal therapy at this time.

Therapy

A formal, supervised therapy program is a critical component of your recovery. Dr. Tran will refer you to a physical therapist in your area.

Possible Problems/Emergency

If you develop any symptoms such as fevers with temperature greater than 101.5 F, chills, persistent nausea and vomiting, inability to urinate, persistent numbness/tingling of fingers, any increasing pain not controlled with medications, and if the splint feels tight and is squeezing your wrist/forearm, please contact our office at 714-839-8000 between the hours of 9AM-6PM on Monday-Thursday and 9AM-1PM on Friday; or you may reach us at 714-860-3588 after hours.

If you are unable to reach your surgeon or a member of his staff, go to the Emergency Room closest to you.

References:

Hand Center. (2020). *Post-operative instructions for wrist tfcc surgery*. Retrieved from https://www.handcenterga.com/sites/handcenterga.com/files/post_op_tfcc.pdf