



Florida Bone & Joint
SPECIALISTS



Steven C Kronlage, MD
1040 Gulf Breeze Parkway, suite 209
Gulf Breeze, Fl 32561
www.stevenkronlage.com
850-916-8480

POST OP INSTRUCTIONS – WRIST ARTHROSCOPY/TFCC REPAIR

- **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 can take ibuprofen, it is ok to take it with or instead of pain medication.**
- **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 few weeks. There will be a slow progression of motion over 6-8 weeks.
- **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.

850.916.8480

1040 Gulf Breeze Parkway, Suite 209 Gulf Breeze, FL 32561

850.916.8480 Fax: 850.916.8499