

## TFCC Repair - Recovery Guide

### Discharge

You will normally be discharged on the day of surgery.

### Plaster / Splint

You will wear a plaster that runs from your hand to just above your elbow to prevent rotation of the wrist until reviewed by a hand therapist in 3 - 5 days. After this initial period the hand therapist will remove the plaster and replace it with a removable thermoplastic Muenster splint. This splint is to be worn for a further 6 weeks unless advised otherwise.

Please note your plaster is not water resistant and should be kept dry. A plastic bag covering your plaster may help protect it when showering.

### Swelling / Icing

Elevate your hand higher than your elbow (and elbow higher than your shoulder) for the first 24-48 hours to help reduce swelling. Ice can also be applied for the first 24-48 hours to reduce swelling.

If you experience a fever please contact our office immediately or see your local doctor.  
For after-hours concerns, you can also reach out to the hospital emergency department.

### Pain Relief / Medications *(allergies permitting)*

Your anaesthetist will have prescribed a range of painkillers for you to go home with. You should take them as prescribed. In general you should take paracetamol regularly, followed by anti-inflammatories if prescribed and then strong painkillers (such as Palexia/Tapentadol) for top-up pain relief. Cease these medications as soon as the pain allows.

Dr Robinson recommends taking Vitamin C 1000-1500 mg daily from 2 days prior to surgery until at least 3 weeks post the surgery.

### Post-Operative Appointments

Day 3 - 5: Review by hand therapist  
2-3 weeks: Your post op clinic review. A nurse will remove your dressing and review your wound.  
3 months: Review to see how you are progressing

### Return to Work / Driving

A reasonable goal for returning to office work is within 3-4 weeks. For more physically demanding jobs, the target is typically 5-6 months. Driving can usually be resumed around 8-10 weeks.

It is important to note that you will not be covered by your car insurance if you are involved in a motor vehicle accident before 6 weeks.

### Return to Activities guide

Running: 8-10 weeks  
Swimming: 12 weeks  
Tennis: 5-6 months  
Golf: 5-6 months  
Gym based activities may commence at 4 months with modification.