



Town Center
ORTHOPAEDICS

Baris Yildirim, MD
HAND & WRIST SURGERY
UPPER EXTREMITY SURGERY
1860 Town Center Drive, Ste 300
Reston, Virginia 20190
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Post-operative Instructions: TFCC Debridement

- Start finger, elbow, and shoulder ROM immediately after surgery. Elevate and ice as much as possible. No lifting/pushing/pulling with hand.
- Follow up with me in 7-10 days for wound check. OT after visit for custom "long short-arm" orthosis.
- 2-4 weeks: Wear splint at all times except hygiene. Continue finger, elbow, shoulder ROM until normal. No wrist ROM. Lift < 2 lbs. Scar desensitization.
- 4-6 weeks: OK to start wrist and forearm active ROM exercises
- 6-12 weeks: Wean out of wrist splint and start passive ROM. Goal is to return to full ROM by 12 weeks. Lift < 5 lbs.
- 12+ weeks: OK to return to activities of daily living. Full duty manual labor or contact sports at 4 months.