

Triangular Fibrocartilage Complex (TFCC) Debridement

(1) Week Post-Operative.

Post operative dressings are removed and replaced with light dressing.
Initiation of edema management.
Initiation of A/AAROM exercises of the wrist and digits.
The patient may participate in non-resistive ADL's.

(2) weeks

Sutures are removed.
Initiation of scar management and desensitization.
Continue with edema management.
Continue with ROM ex.

(3) weeks

Initiate light strengthening exercises (ie light putty).

(4-6) weeks

Continue with ROM exercises, edema / scar management as tolerated.
Progress with strengthening as tolerated.
Resume with normal activities as tolerated.