

Post-operative Instructions: Wrist arthroscopy and TFCC surgery

Dressing:

Please keep your dressing clean, dry, and intact until you follow up. It should be covered with a plastic bag and kept dry and out of the water while bathing. You may apply ice to the operative area to help with pain and swelling.

Activity:

The more you rest in the first few days after surgery, the less pain, bleeding, swelling, and scar tissue you will have. You may perform light activity with the fingers that are left out of your bandage, such as typing or using a tablet, but no lifting anything heavier than your dinner fork. Avoid activity that causes pain. Elevate your hand to help with pain control and swelling.

Pain control:

You may be given a prescription for narcotic pain medication. Please use the narcotic medication as sparingly as possible to avoid trouble with side effects (nausea, constipation, dizziness, addiction). If you are able to take anti-inflammatory medication based on your medical history, you can take Advil, motrin, Aleve, or ibuprofen in addition to the narcotic pain medication to get extra pain relief if needed. As your pain decreases, please wean yourself off of the narcotics as soon as possible by substituting over the counter medications instead (ie- Advil, Motrin, Tylenol, or Aleve). For constipation, you can take 300 mg of colace a day (colace is an over the counter stool softener).

Follow up:

Please call the office to schedule an appointment for about 7-10 days after surgery.

Return to work/school:

You may return to light activity at work/school once you no longer need narcotic pain medication, but no gym and no weight bearing activities are allowed.