



UNDERSTANDING YOUR SURGERY

TFCC Repair

Overview

The TFCC is a cushion of cartilage and ligaments on the little-finger side of your wrist. It absorbs load and stabilises where the two forearm bones meet. This keyhole operation repairs a tear in this structure to relieve pain and restore stability.

About Your Procedure

Why this surgery is recommended

- Pain on the little-finger side of the wrist
- Clicking, weakness with gripping, or pain turning the forearm
- Instability of the joint where the forearm bones meet

What happens during surgery

- Keyhole (arthroscopic) surgery through small wrist portals
- Torn cartilage repaired with sutures and reattached to bone
- Stability of the forearm joint assessed and treated
- General or regional anaesthetic; day procedure

After Your Surgery

- Forearm in a cast with the **palm sideways** for **6 weeks**
- No twisting the forearm (palm up or down) for 6 weeks
- Finger, shoulder and elbow exercises straight away
- A removable splint replaces the cast at Week 6
- No driving for **6 weeks** after surgery

Important precautions:

- The cast must stay on for 6 weeks — removing it early will likely re-tear the repair
- Twisting the forearm (palm up or down) is the movement most likely to disrupt healing
- If the forearm joint feels unstable again after surgery, seek urgent review
- Tennis, golf and racquet sports: minimum 4–5 months

Your Recovery at a Glance

WEEKS 0–6

Cast. Palm sideways. No forearm twisting

WEEKS 6–10

Gentle forearm rotation begins. Wrist movement

WEEKS 10–18

Wrist, grip and forearm strengthening

WEEKS 18–26

Return to racquet sport, golf and manual work

QUESTIONS YOU MAY WISH TO ASK

- ? What does my recovery look like for my job or sport?
- ? What are the main risks, and how likely are they for me?
- ? What pain relief will I need, and for how long?
- ? When can I return to work, and is travel safe early on?

MY NOTES
