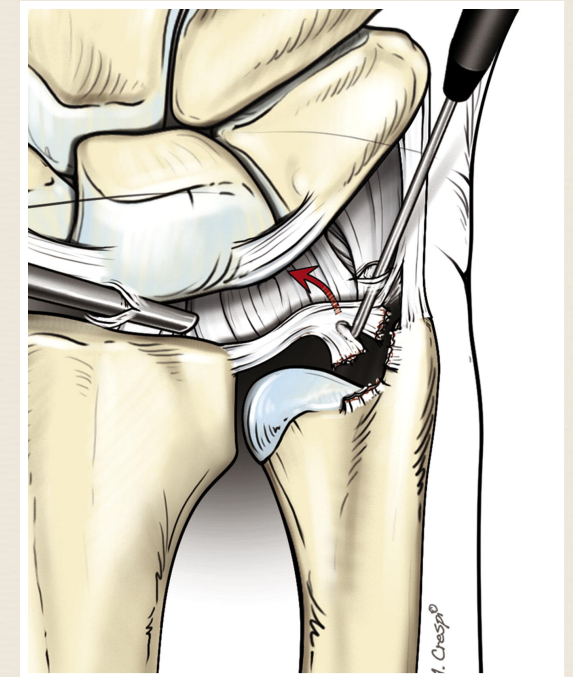

WHAT IS A TFCC TEAR?



Dr Coll says I have a tear -
what do I do now?

DISCUSSION



You are welcome to book another
appointment to discuss surgery or
non surgical treatment with Dr
Coll.

It is important to attend any surgery
with a good idea of what to expect
before, during and after.

You are not obligated to have any
surgery, you need to understand
what your treatment goals are and
be clear about what might be
possible after surgery.

DR SARAH COLL
2 Upward St

Ph: 4052 1247

My next appointment:

Date: _____

Time: _____

My Questions are:

1. _____

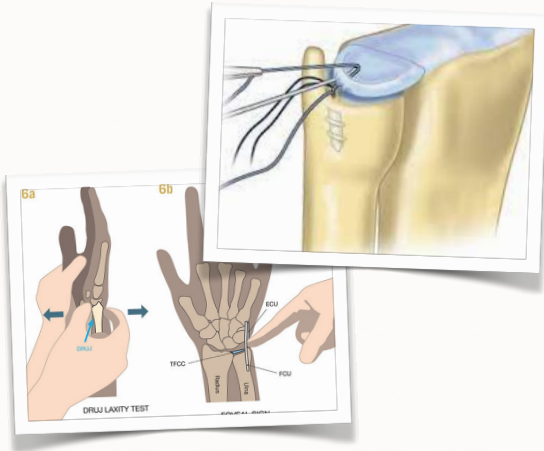
2. _____

3. _____



TRIANGULAR FIBROCARILAGE

The wrist is vulnerable to two injuries - a tear of the TFCC (triangular fibrocartilage complex) and scapholunate ligament. The TFCC is on the little finger (ulnar) side of the wrist and is prone to injuries when you fall on your palm.



Rehabilitation is a collaboration between surgeon, therapist and patient

What about after my operation?

After the surgery, please book an appointment to see a hand therapist. They will remove your cast and apply a more comfortable one. They can give you exercises to move your fingers, but you will not be able to twist your arm until your pain has fully settled.

You will need a splint on for 6 weeks after surgery. You will need another 6 weeks to get your movement back and then another 3 months to build grip strength. You can return to work once your pain settles.

You will need to book 4-5 appointments with the hand therapist to get your cast to fit well and then to get your wrist going again.

OPTION 1: WIDGET

The wrist widget (from your hand therapist) holds the distal radio-ulnar joint stable (the big bone of the forearm and the little bone meet in the middle and the bottom of your arm and can work loose if the TFCC is torn)



Wrist widget



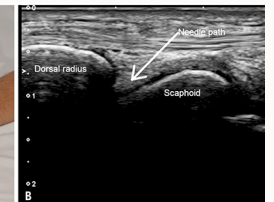
Mechanism of action of wrist widget

OPTION 2: STEROIDS

If surgery is not an option, some patients prefer a steroid injection. This is helpful to settle pain from inflammation and can help you build strength in your wrist once the pain settles. Dr Coll can do this for you in her rooms, under ultrasound guidance.



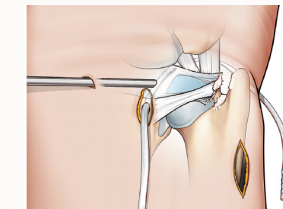
Ultrasound guided steroids to wrist joint



Images during ultrasound

OPTION 3: WRIST RECONSTRUCTION

This is a surgical repair of the TFCC tear involving a full general anaesthetic (completely asleep) and an overnight stay in hospital. Dr Coll will do an arthroscopy (keyhole surgery) to look around your wrist and check for other problems and then use the arthroscopy to place a suture (stitch) in the torn TFCC and anchor (screw) it back in place onto the ulna bone.



TFCC repair surgical technique



Keyhole surgery of the wrist joint