

Wrist Arthroscopy

Indications

- Mechanical symptoms of pain and catching in the wrist can sometimes be improved with wrist arthroscopy.
- Cartilage (TFCC – triangular fibrocartilage complex), partial ligament injuries and inflammation (synovitis) may be indications.

Surgery

- Day surgery under general anaesthetic.
- Small cuts around the wrist.
- A plaster reinforced padded bandage is applied. This stays on until the first post-operative clinic 10 – 14 days later.

Following Surgery

- Keep the hand elevated on pillows while resting and in a sling when up over the first 3 or 4 days.
- Keep the fingers moving.
- The plaster is removed at the first post-op appointment, 10 – 14 days following surgery.
- A temporary splint and hand therapy are used, with treatments to gradually increase movement then strength.

Risks

- The general risks of surgery (e.g. anaesthetic risks, infection and nerve injury) apply but are uncommon.
- There is a risk of inadequate or incomplete improvement in symptoms.

Return to Work Guidelines

Often the initial return to work is part-time hours and modified duties, gradually building up.

Sedentary duties with hand in plaster: 5 days from surgery

Light 2 handed duties: 2 weeks from surgery

Medium lifting: 6 weeks from surgery, depending on progress and gradually building up