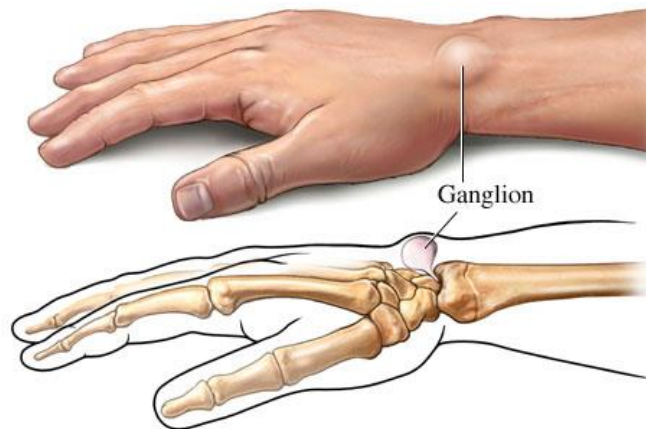


Ganglion Cyst



You have been diagnosed with a ganglion cyst. Ganglion cysts are normally benign in nature. They are firm, fluid-filled sacs that can be found anywhere along the front or back of the hand. They can be caused by a traumatic event or occur over an extended period of time. They can be treated with activity modification, cortisone injection, and sometimes aspirations. However, if the mass disrupts full function of the extremity, surgical intervention is usually indicated. One thing you must remember is even if the cyst is excised, there is still a chance of recurrence.

SURGERY- GANGLION CYST EXCISION

To excise the ganglion cyst, the surgeon will make an incision along the site of the cyst and remove the cyst. The cyst will be sent off for labs to ensure it is benign. Our office will contact you if your labs come back abnormal. The procedure is usually performed under Local Mac anesthesia which means you will be asleep for the procedure under light sedation (less than required for general anesthesia). You will also be required to have a driver the day of surgery.



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3151 NE Carnegie Dr.
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WHAT TO EXPECT AFTER SURGERY

Depending on your job duties, you may be able to return to work under certain restrictions- provided you are no longer taking narcotic pain medication (You may wean into over the counter Tylenol, Ibuprofen, or Aleve for your symptoms as tolerated). You will need to avoid heavy lifting and submerging your hand in water until after your post-operative appointment with your surgeon. We suggest you speak with your employer regarding job demands to agree on an expected time of return.

Pain medication will be prescribed for post-operative pain relief. You will slowly wean from this medication over time as your symptoms subside. You may also experience some bruising and/or swelling. These symptoms may be alleviated through Ibuprofen or Aleve, elevation, and ice. (Please do not take additional Tylenol if you are taking narcotic pain medication; this already has Tylenol). Your digits will be free to perform normal activities of daily living and it is recommended that you keep your digits moving to prevent swelling after surgery; however, we suggest you refrain from heavy lifting until after your sutures have been removed.

You may remove your post-operative bandage after 48 hours to shower and wash your hands. You may get the surgical site wet, but should still not submerge the site.

Following your hand surgery, it may be difficult to open your medication bottles. If you prefer, you may request non-childproof bottles from your pharmacist when dropping off prescriptions. However, please consider the risks if you have small children in your home or if any small children may be accessible to these medications.

REASONS TO CALL OUR OFFICE

Please call our office if you experience abnormal drainage (yellow or green), fever over 100°F, chills, increasing redness around the incision site, or side effects from your pain medication such as prolonged nausea.

Please contact the office if you wish to take extended time for recovery or if your job requirements do not allow you to return. You may file FMLA or Short-Term Disability paperwork. Contact our office at 913-652-6348 with any questions or concerns.

Dr. Suzanne G. Elton, MD
If you have any questions, please call: (913) 381-5225