

# J. Clinton Walker, MD

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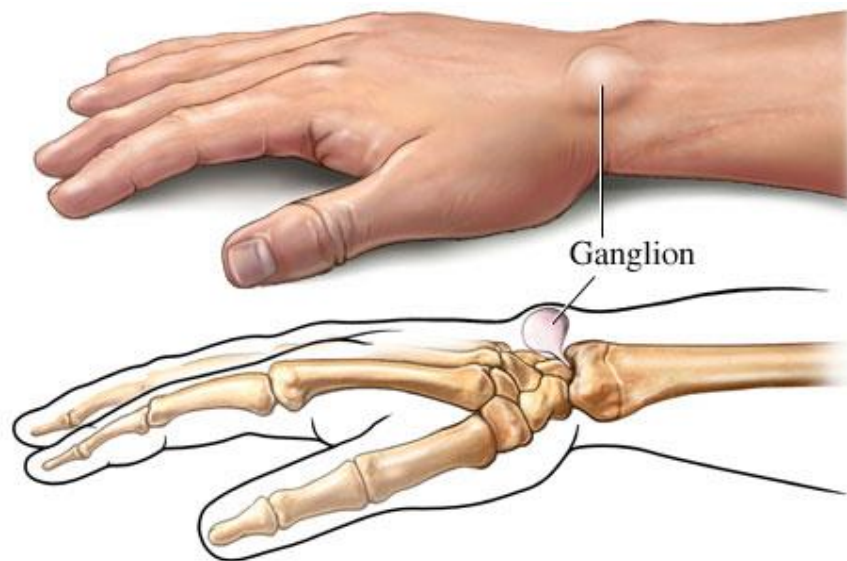
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*If you have any questions or concerns, call the office.*



## **Ganglion Cyst/Mass**

You have been diagnosed with a ganglion cyst/mass. Ganglion cysts are normally benign in nature. They are fluid-filled sacs that can be found anywhere along the front or back of the hand and wrist. They can be caused by a traumatic event, occur over an extended period of time and sometimes there is no identifiable cause. They can be treated with activity modification, cortisone injection, and sometimes aspirations. However, if the mass disrupts function of the extremity, surgical intervention can be indicated. One thing you must remember is even if the cyst is excised, there is still a chance of reoccurrence.

## **Ganglion Cyst/Mass Excision**

To excise the ganglion cyst or mass, the surgeon will make an incision along the site of the mass and remove it. The procedure is usually performed under General anesthesia which means you will be asleep for the procedure. The procedure will take anywhere from 45 minutes to 2 hours- including recovery time. You will also be required to have a driver the day of surgery.

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## **What to expect after surgery**

You will need to avoid heavy lifting. You will also be instructed to keep your bandage on, clean and dry until your post-operative appointment with your surgeon. Pain medication will be prescribed for post-operative pain relief. You will 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). Some temporary loss of feeling or numbness is not uncommon. Be cautious of extreme heat or cold. Your fingers will be free to perform normal activities of daily living and it is recommended that you keep your fingers moving to prevent swelling after surgery; however, we suggest you refrain from repetitive gripping and heavy lifting until after your sutures have been removed.

## **Reasons to call our office**

Please call our office if you experience abnormal drainage (yellow or green), fever over 100<sup>0</sup>F, chills, increasing redness around the incision site, or side effects from your pain medication such as prolonged nausea or rash.