

Reference Source:

<http://www.nhs.uk/conditions/Excisionofganglion/Pages/Introduction.aspx>

Notes

For Further Information and Advice contact:

Day Surgery Unit: 01483 406783

Surgical Short Stay Unit: 01483 406828

Pre assessment Clinic: 01483 464152

Out of Hours Advice: Call 111 (formerly NHS Direct)

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

Past review date: N/A

Future review date: January 2020

Author: Laura Ceurstemont and Sian Thomas

PIN170112–1196



© Royal Surrey County Hospital NHS Foundation Trust 2017

Patient information leaflet

Removal of Wrist Ganglion



**Day Surgery
Surgical Short Stay**

What is a wrist ganglion?

A ganglion is a type of cyst containing a jelly like fluid. Ganglions vary in size and can occur anywhere on the hand but are most common on the back of the wrist. Although the ganglion itself is not tender, it can often cause soreness in the surrounding area. The condition is most common in young adults.

What Happens during the Operation?

A cut is made in the skin above the ganglion. The ganglion is then freed from the surrounding tissue and removed.

The procedure is usually performed under general anaesthetic. However, a local anaesthetic can be considered if a general anaesthetic is not suitable or desirable.

What are the alternatives?

Ganglions can be aspirated (drained) in clinic. This procedure often works well. However the ganglion may return. Surgery is usually considered when aspiration has been unsuccessful.

What happens after my surgery?

Wound Care and stitches

The wound will be covered with a dressing and a bandage. The bandage helps prevent swelling in the couple of days following surgery. After 48 hours you may remove the bandage and cotton wool padding. The stitches must remain covered and stay dry until they have been removed.

Your stitches will require removal in 10-14 days time. This may be at your follow up appointment or your own GP surgery. The ward nurses will give you the details after your surgery.

Elevation and activity.

Please keep your hand rested up at shoulder level for the next two days at least, to help prevent swelling. Use the sling provided. When sitting down or lying in bed, rest your hand on pillows or cushions to keep it elevated.

After you have removed your bandage you will be able to move your fingers. Take care not to pull on your stitches. After your stitches have been removed you may return to normal activities as you are comfortable to do so.

Driving and work

Do not drive until your stitches have been removed i.e 10-14 days. The DVLA advise that you check with your insurance company before driving again.

You may return to work when you are able to perform your job comfortably. The Day Surgery Unit can provide you with a Doctor's certificate for time off work if required. Please ask when you are admitted.

What are the potential risks and complications?

- Excessive Bleeding and/or swelling. Pressure and a cold compress (e.g a packet of frozen peas) may help relieve these symptoms. If you are concerned, telephone the Day Surgery Unit or your GP. Keep your hand rested up and keep it clean and dry to help prevent these complications.
- Infection. If you notice any excessive swelling or tenderness around the wound site, or an unpleasant discharge please contact the Day Surgery Unit or see your GP.
- Scarring. This surgery will leave a scar a little longer than the lump itself. The scar will be red and tender initially but will usually settle. However, some scars can remain pink raised and tender.
- Recurrence. Ganglions can reappear even after surgery, either in the same place or another close by.
- Damage to surrounding tissue. This is very rare, although slightly more common if the ganglion is on the inside of the wrist or palm of the hand.

Do I need a follow up appointment?

If you require a follow up appointment it will be forwarded to you by post.