

GANGLION REMOVAL

Ganglions are fluid-filled lumps that can occur anywhere in the body. The most common areas are around the wrist, fingers and on the top of the foot.

A local anaesthetic is given to completely numb the area. A cut is made in the skin over the ganglion. The ganglion is removed from the joint or tendon lining without disturbing the surrounding structures. If the ganglion is tricky to remove, the cut may be larger than the size of the lump. Afterwards, the cut is closed with stitches and covered with a dressing. The procedure takes approximately 30 minutes.

Risks and Complications

Ganglion surgery is commonly performed and generally safe. However, there are possible risks and complications with any procedure. Possible risks and complications are infection, excessive bleeding, delayed healing, damage to surrounding nerves and/or an unexpected reaction to anaesthesia. It is also possible for a ganglion to reoccur in the same place.

After the procedure

The freezing will start to wear off in a couple of hours. Take special care not to bump or knock the area. Pain and tenderness can be expected for the first few days after surgery. The pain should lessen, not increase. Take pain medication as needed and any other prescribed medications as directed.

After the procedure

It is important to keep the dressing clean and dry to prevent any risk of infection.

Gently wiggle your fingers or toes every few minutes while awake to help blood flow, stiffness and swelling.

Elevating the hand or foot after surgery can help reduce swelling and pain. Keep your operated hand or foot above your heart level for 24-48 hours or if swelling occurs.

Apply ice to the incision site for 24 to 48 hours after surgery while awake.

You should be able to return to work in 1-2 days. Complete recovery may take 2-6 weeks.

Dissolvable stitches will disappear on their own in seven to ten days. Non-dissolvable stitches are removed 10-14 days after surgery. You will not need a dressing in place after that. You can shower and take a bath once the wound is healed.

Following suture removal and once the incision is healed, massage around the incision with lotion. This should be done 3 to 5 minutes twice daily. This often helps soften the scar, decrease any swelling and help with the healing process.

Call your doctor if you experience:

- Increased numbness of the operated extremity
- Pain not relieved by the prescribed pain medication
- Fever and/or chills
- Foul smelling drainage
- Excessive bleeding

Special Instructions

Follow-up appointment

Developed By: Surgical Services
Approved By: Department of Orthopaedics, Quinte Health Care
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