

Pre/Post-Operative Information – Ganglion Cysts

What to expect during surgery:

Operative treatment of ganglion cysts is generally performed on an outpatient basis. In certain cases, this can be performed in office in a procedure room under local anesthesia. Dr. Holt will meet you on the day of surgery and review the plan. You will be taken to an operating room where your hand will be cleaned and draped. An incision is usually made over or adjacent to the cyst and cyst is excised in its entirety. The skin is closed with stitches and a soft dressing is placed over the wound.

Pain Control:

Start with simple, but effective pain relief strategies such as ice and elevation. specially for the first 2 - 3 days, attempt to keep your hand above your heart as much as possible. This will significantly limit pain and swelling. Next, try over the counter pain medications such as Tylenol and/or ibuprofen. Most patients tolerate these medications well. Take them food, and make sure to check your allergies and/or other medications and medical issues to ensure it is safe to take them. Most patients use little or no narcotic medication after a ganglion cyst excision surgery, but Dr. Holt will provide a small prescription of narcotics if needed. Take them as directed and only as needed.

Dressing/Bandage:

Keep your dressing on until your follow up appointment. Use a plastic bag or waterproof cover over your dressing for showers/hygiene.

Activity:

You may use your hands immediately for light activities of daily living such as feeding yourself, dressing, and using a phone and/or computer. You should avoid lifting/pushing/pulling more than 1 pound and/or the use of power tools and highly repetitive activities for at least 4 – 6 weeks. Additionally, work on the attached finger range of motion exercises multiple times per day. **It is very important to begin moving your fingers right after surgery and keep them moving to avoid stiffness.**

Additional Information:

After surgery, you should expect some pain, swelling, and stiffness. Dr. Holt will talk to you about when it is safe to return to work. Most patients can return to light work (computer/desk work) within a few days, but it will often take 6 – 8 weeks to return to more demanding work (labor, construction, etc.). Pain around the surgery site may persist for several weeks or even months. Lastly, while uncommon; ganglion cysts can recur and/or additional cyst may occur in a new location.

Follow-Up:

Your follow up appointment is generally 10 – 14 days after your surgery and should be in your discharge packet on the day of surgery. Call us if you have any questions at (541) 382-3344



1. Straighten Fingers



2. Knuckle Bend w/
Straight Fingers



3. Karate Chop
(90/90 position)



4. Closed Fist



5. Open & Closed Fingers



5. Thumb to Finger Touch
Finish at Palm Crease