

### **What is Ganglion?**

A ganglion is a cyst filled with clear jelly-like material, related to a joint or tendon sheath. Most commonly, ganglia occur on the back of the wrist but can appear elsewhere on the hand.

### **What causes a Ganglion?**

The cause of a ganglion is not fully understood but some ganglia occur after an injury to a joint or tendon. A ganglion is only painful if it is pressing against a nerve.

### **What are the alternatives to surgery?**

A ganglion is not harmful and may disappear on its own. Aspiration is a treatment used to drain the ganglion of some of its fluid using a needle which can reduce pain; however, it is common for a ganglion to recur.

### **What will happen during my appointment?**

You will be seen by the Hand Surgeon who will be performing your surgery. The Hand Surgeon will assess whether you are suitable for this specific surgery and will explain the procedure to you. It is important that you understand the operation and any risks and possible complications. You will then be required to sign a consent form before your surgery.

### **How is surgery performed?**

Following a local anaesthetic injection, a cut will be made across the skin over the ganglion and the cyst will be removed from the tendon sheath to which it is attached. The surgeon will stitch the cut and dress the wound.

### **Will it be painful afterwards?**

It is normal to experience a degree of discomfort which can be managed by 'over the counter' pain relief.

### **What happens after the procedure?**

After surgery your wound will be covered with a dressing which you should keep dry until after your stitches are removed. Your surgeon will advise you how often you should change the dressing. You should also elevate the hand to reduce any possible swelling. A ganglion can recur. This does not necessarily mean that it was incompletely removed. If a ganglion does recur it can be removed again, still with a good chance of success.

### **How long before I can return to work?**

This depends largely on your occupation. However, generally speaking, a period of 7 to 10 days is the usual time required, seek advice from your GP if you are unsure

### **How long before I can drive?**

You should not drive until you are able to make a firm fist. Complete recovery can take between 2 and 6 weeks, seek advice from your GP before you do drive

### **Follow-up**

You will be advised when to make an appointment at your GP practice for the removal of stitches. This will normally be 2 weeks after your operation.

### **Who do I contact if I have any problems following my surgery?**

If you experience any problems following your operation we advise you to contact your GP Surgery in the first instance.

If this is not possible then please call 111 or visit the nearest Urgent care center.

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Vasectomy

**COMMUNITY HEALTHCARE LTD**

Louth County Hospital  
High Holme Rd  
Louth  
Lincolnshire  
LN11 0EU  
Louth

PHONE: (01507) 631297

**Ganglion**

**Information Leaflet**



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Community Surgical Scheme



Telephone: (01507) 631297

Mon - Fri

Between 09:00 and 17:00