



TUAN A. TRAN M.D., M.B.A, F.A.C.S.

Diplomate American Board of Plastic Surgery, Diplomate American Board of Surgery

General Surgery, Reconstructive Surgery, Aesthetic Surgery, Plastic and Hand Surgery

Ganglion Cyst Excision

Post-Operative Instructions

Wound Care

- After surgery, your hand and wrist will be covered by a dressing (bandage) and placed in a plaster splint that you will wear for five days. The splint helps protect the incision site and lessen the swelling.
- Five days after surgery, you may remove all the dressings and splint from your incision. Put a small bandage over the incisions to keep them from getting caught on your clothes or other fabrics.
- Do not put any ointment or lotion on your wound.
- When bathing for the first five days after surgery, cover your hand with a plastic bag to keep the splint dry. After you remove the splint and dressing (five days after surgery) you may shower without covering the incision, but do not soak your hand in a bathtub, hot tub, kitchen sink, swimming pool, etc. In many cases, it will be helpful to have a therapist assist you with the splint removal and begin your exercise program.
- Your wrist and palm may swell. Use an ice pack for up to 20 minutes at a time throughout the day over the surgical site to help ease the swelling. Be sure to place the thin cloth between your skin and the ice pack to protect your skin. Elevate your hand as much as possible each day to lessen the pain and swelling.

Pain Management

- You will receive a prescription for narcotic pain medication.
- Take your medication as directed with the right dose at the right time.
- To best manage your pain, it is important to take your pain medication before experiencing a significant increase in pain.
- Medication for nausea will also be provided. Please make sure to take this as directed.
- It is normal to have some pain off and on for approximately one year after surgery particularly in cold weather.

Driving

- Do not drive if you are taking narcotic medications. Taking narcotic medication can make you sleepy and delay your reaction time.
- Once you are no longer taking narcotic medication, you may drive as soon as you can comfortably grip the steering wheel with both hands.

Activity

- You may use your hand for light activities such as getting dressed, typing, etc. Do not lift objects heavier than a soda can (about 1 pound or 0.45 kg) until your sutures have been removed.



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- Please avoid any heavy repetitive activities or heavy lifting such as weightlifting until four weeks after surgery.

Follow-Up

- At your pre-operative appointment, our staff will schedule your post-operative visit between 5-7 days after surgery.
- Your sutures will be removed approximately 10-14 days after surgery. Your hand surgeon will help assess your progress and teach you activities to lessen the scarring around your incision and increase your hand strength and range of motion.
- After your sutures are removed, you can increase your activities as tolerated, but avoid heavy repetitive activities until four weeks after surgery.

Results

Most patients who have ganglion surgery regain full use of their hand with excellent motion and strength.

Possible Problems/Emergency

If you develop any symptoms such as fevers with temperature greater than 101.5 F, chills, persistent nausea and vomiting, inability to urinate, severe pain not controlled with medications, new or different colored drainage from your surgical incision, or for any acute problems or illnesses, please contact our office at 714-839-8000 between the hours of 9AM-6PM Monday-Thursday and 9AM-1PM on Friday; or you may reach us at 714-860-3588 after hours.

If you are unable to reach your physician or a member of his staff, go to the Emergency Room closest to you.

References:

Thomas Trumble, M.D.. (2020). *Ganglion cyst: Post operation handout*. Retrieved from <https://drtrumble.com/post-operation-handouts/ganglion-cyst-post-operation-handout/>