

OS19lite Excision of a Ganglion

This document will give you information about an excision of a ganglion. If you have any questions, you should ask your GP or other relevant health professional.

What is a ganglion?

A ganglion is a lump under the skin that contains fluid.

Most ganglions form near the wrist joint (see figure 1). They are also found on the ankle and foot. The fluid in the ganglion comes from the joint through a narrow channel.

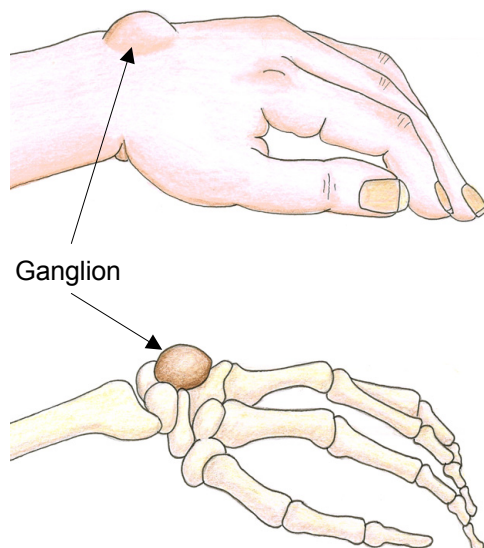


Figure 1

Typical position and appearance of a ganglion

What are the benefits of surgery?

The lump and any discomfort from it should disappear. Surgery gives the best chance of stopping the ganglion coming back.

Are there any alternatives to surgery?

A ganglion will often disappear on its own after a year or two. If your ganglion is not causing much trouble, it is best to leave it alone.

The fluid can be taken out of the ganglion using a needle. This improves any discomfort for a while. Your doctor may also inject the ganglion with a steroid (cortisone). These treatments may help for a short time.

What does the operation involve?

A variety of anaesthetic techniques are possible. The operation usually takes between a quarter of an hour and half an hour.

Your surgeon will make a cut over the ganglion and separate the ganglion from the nearby tendons, nerves and blood vessels. They will then remove the ganglion.

What complications can happen?

1 General complications of any operation

- Pain
- Bleeding
- Infection of the surgical site (wound)
- Unsightly scarring

2 Specific complications of this operation

- Damage to blood vessels near the ganglion
- Damage to small nerves near the ganglion
- Continued aching in your wrist
- Severe pain, stiffness and loss of use of the limb (Complex Regional Pain Syndrome)

How soon will I recover?

You should be able to go home the same day.

Regular exercise should help you to return to normal activities as soon as possible. Before you start exercising, you should ask a member of the healthcare team or your GP for advice.

The joint where the ganglion was can continue to ache but any joint stiffness should get better fairly quickly.

Some ganglions come back after a few months or years.

Summary

A ganglion is not serious. If it is causing trouble, your surgeon can remove it.

Further information

- NHS smoking helpline on 0800 022 4332 and at www.smokefree.nhs.uk
- www.eatwell.gov.uk – for advice on maintaining a healthy weight
- www.eidoactive.co.uk – for information on how exercise can help you
- www.aboutmyhealth.org – for support and information you can trust
- American Academy of Orthopaedic Surgeons at www.aaos.org
- www.eatonhand.com
- Reflex Sympathetic Dystrophy Syndrome Association at www.rsds.org
- NHS Direct on 0845 46 47 (0845 606 46 47 – textphone)

Acknowledgements

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