

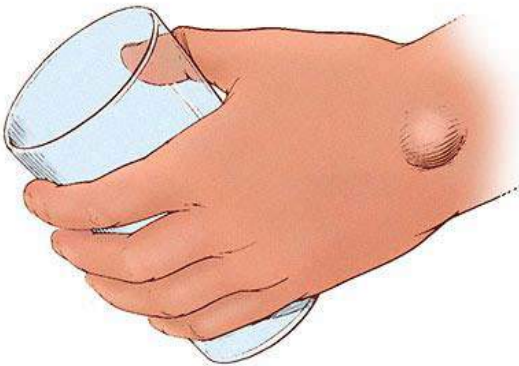
A small bandage is worn for two days. Upon removal of the bandage a small dressing is worn for a further 7 days and then removed. I use absorbable sutures which do not require removal and the wound can be washed after the dressings are removed 9 days following the operation and the wound moisturised as desired.

The wound is tender usually for a few weeks resolving over this period. The fingers can be moved immediately following the procedure and heavy work will not be possible until the wound has healed.

Should you have any problems following your operation call my rooms or out of hours please contact the Murdoch Emergency Department.

Best wishes for a good recovery.

Paul



Hand ganglion



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**Hand
Upper Limb
Orthopaedic Trauma**

Your Guide to Wrist and Hand Ganglion



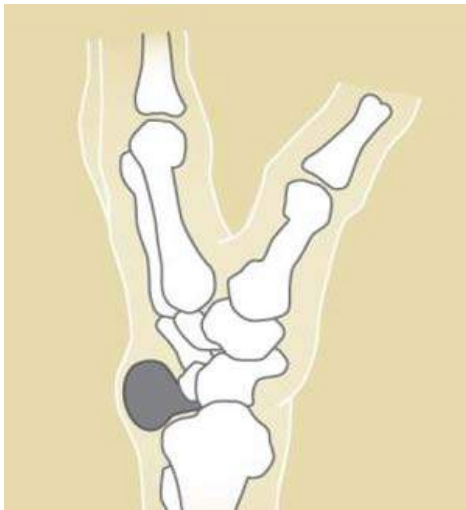
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WRIST AND HAND GANGLION

Symptoms

A lump appears in a patient's hand or finger. The swelling often starts off small but may grow or fluctuate in size. The lump may not cause any other problems other than being uncosmetic or causing minor aching. Ganglions on the palm side of the fingers or hand may be tender when using the hand and some on the back of the fingers may burst intermittently and occasionally become infected when this occurs.

The more common areas for ganglions to be present are the back of the wrist, on the thumb side of the palm side of the wrist, on the back of the end joint of the fingers, or in the palm side of the hand at the base of or in the fingers.



Hand ganglion - diagram

Although ganglions are the most common hand lump other types of problems can cause hand lumps so if in doubt you should consult your family doctor or hand surgeon.

What is a ganglion?

A ganglion is a fluid filled sack most often communicating with a joint or sheath of a tendon. This connection with another fluid filled area accounts for the ganglion's ability to fluctuate in size as fluid enters or leaves the ganglion. If you shine a small pen torch into the lump through the skin in a dark room and it glows, the lump is most likely to be a ganglion. The exact nature of a ganglion and how it forms is much disputed however it is quite clear that ganglions are benign non-cancerous lumps.

Treatment options

As ganglions are non-cancerous, once the diagnosis is confirmed the most frequent course of action is to leave the ganglion alone. Should the ganglion cause symptoms, then further investigations may be required to exclude other causes for the symptoms such as arthritis or tendonitis.

Treatment when indicated can include aspiration or surgical removal of the ganglion. Aspiration can be carried out with a needle and syringe in the clinic, sometimes with injection of steroid. Aspiration confirms the diagnosis as thick clear ganglion fluid is aspirated, however ganglions **recur** 70 - 90% of the time following aspiration.

The ganglion can be removed surgically either through a small wound or arthroscopically. An operation however will leave some form of scar which makes operating for cosmetic reasons not usually sensible. In addition, approximately 10% of

ganglion following surgical removal will **recur**. The risks of surgery are low but include infection (1%), stiffness and recurrence of the ganglion.

Although ganglion treatment by aspiration or operation often reduces or resolves symptoms due to the ganglion, symptom relief is not guaranteed.

Post-operative care

The operation is usually carried out as a day surgery case and local anaesthetic is placed in the wound at the start of the operation. It is sensible to take a pain killer prior to going to bed in case the local anaesthetic wears off whilst you are asleep and causes discomfort.



Ganglion aspiration