

Ganglions

Information for patients

What is it?

It is a cystic swelling which contains thick jelly-like material. It is very common and is found near joints or tendons. The most common site is the back of the wrist but may also occur in other areas such as the front of the wrist or the foot.

If left untreated, many ganglia disappear spontaneously. They are therefore best left alone if they don't cause any symptoms. The cause is unknown.

Treatment

It is indicated if the ganglion causes pain, interference with function or if there is uncertainty about diagnosis.

The cyst can be aspirated using a wide bore needle after numbing the skin with some local anaesthetic. As much material as possible is drawn out and some steroid can be injected into the cysts acting like a sclerosant. The cure rate is about 80% (similar to an operation).

If it becomes recurrent, you will be offered an operation. This is also done under local anaesthetic and usually combined with a tourniquet applied in the upper arm (for upper limb ganglion). The procedure takes about 15 mins. The cyst is excised and the wound closed with some stitches.

Please ensure that you have someone to drive you home afterwards. Also for upper limb ganglia, please ensure that you remove all rings from your fingers before your appointment and that you wear a loose sleeved top.

If you are on warfarin please contact the surgery for further information

POST-OP CARE

The hand (or foot) will be firmly bandaged before you go home. For upper limb ganglia, a sling should also be worn. Use the sling for the first few days until you are feeling comfortable and you are sure there is little or no swelling in the fingers. Take the arm out occasionally to exercise the elbow and shoulder. At night keep the sling on and sleep in a semi-upright position or place the hand on some pillows to elevate it.

Start finger or toe exercises immediately and repeat frequently. Fully straighten and bend the fingers or toes for a few minutes every hour. This helps to prevent stiffness.

Please see your practice nurse to have the dressings and stitches removed in 10 days. You should not drive until then. Some soreness and bruising is normal. Once the dressings are removed, you can wash the wound area with normal soap and water. You can shower or take a bath once the wound is healed.

Pain control

You will be given some pain killers to take home. We recommend taking them as soon as you get home and then regularly for the first 48 hours.

When can I return to work?

It depends on your job. It may take a few days if you have a desk job or up to 3 weeks if have a heavy manual work. Most people are able to resume sports once the stitches are out. If you need a doctor's note, we can provide with one before you leave.

COMPLICATIONS AND RISKS

They are rare and seldom serious. The ganglion may recur in 20% of the cases. The skin around the scar may be permanently numb after the operation.

A rare complication of injury to the hand, including surgery is "chronic regional pain syndrome". The hand is disproportionately painful and stiff with some swelling. You should seek advice promptly if you experience such symptoms. This can last for many months and is difficult to treat.

WHERE TO GET ADVICE

If you have any concerns during the post-op period you can get advice or help from one these sources.

1. Try your own doctor or nurse at your surgery.
2. Contact one of the surgical team at Probus on 01726 885104
3. Out of hours, contact the emergency number provided by your surgery.
4. The A and E department of your local hospital

Severe pain, excessive swelling or bandages that are too tight or bloody should prompt you to seek advice. Take this letter with you and insist that the dressings are removed and the wound inspected before redressing.

STUDENTS

We are a teaching and training practice. Sometimes medical students or doctors in training may wish to observe or participate in procedures or operations. They will always be supervised by a senior doctor and will only participate with your approval.

If you do not wish to be seen by trainees or students you are perfectly entitled to withhold your consent.



Probus Surgical Centre

Help Us Help You Stay Safe

Important information when attending your appointment (updated June 2022)

* **REQUESTING SUPPORT** - if you require support to attend the appointment because of exceptional circumstances, please contact us on 01726 885104 to request this ahead of your appointment (please use the number on your appointment letter) – authorisation will be given as appropriate.

Prior to attending your appointment:

- Regularly and thoroughly wash your hands with soap & water for 20 seconds or clean your hands with an alcohol-based hand rub

Please inform us, before your appointment if:

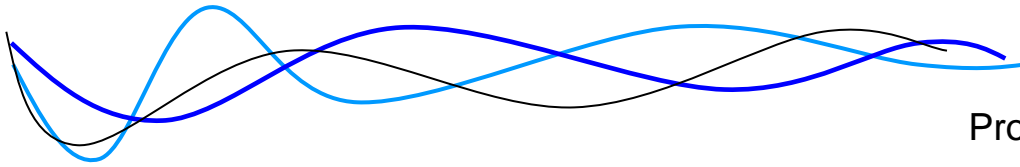
- **You have a confirmed diagnosis of COVID-19 or are waiting for a COVID-19 test result**
- **You think you may have symptoms of COVID-19:**
 - A high temperature or shivering (chills) – a high temperature means you feel hot to touch on your chest or back (you do not need to measure your temperature)
 - A new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours
 - A loss or change to your sense of smell or taste
 - Shortness of breath
 - Feeling tired or exhausted
 - An aching body
 - A headache
 - A sore throat
 - A blocked or runny nose
 - Loss of appetite
 - Diarrhoea
 - Feeling sick or being sick

Attending your appointment:

Please use the hand sanitiser available in the Reception & Surgical Centre before and after your appointment.



You are not required to wear a face mask unless it is your personal preference or you have been asked to do so by a member of the clinical team.



Probus Surgical Centre

“To improve the health and well-being of those we care for”

Directions to Probus Surgical Centre

Probus Surgical Centre, Tregony Road, Probus, Truro, TR2 4JZ

From North Cornwall

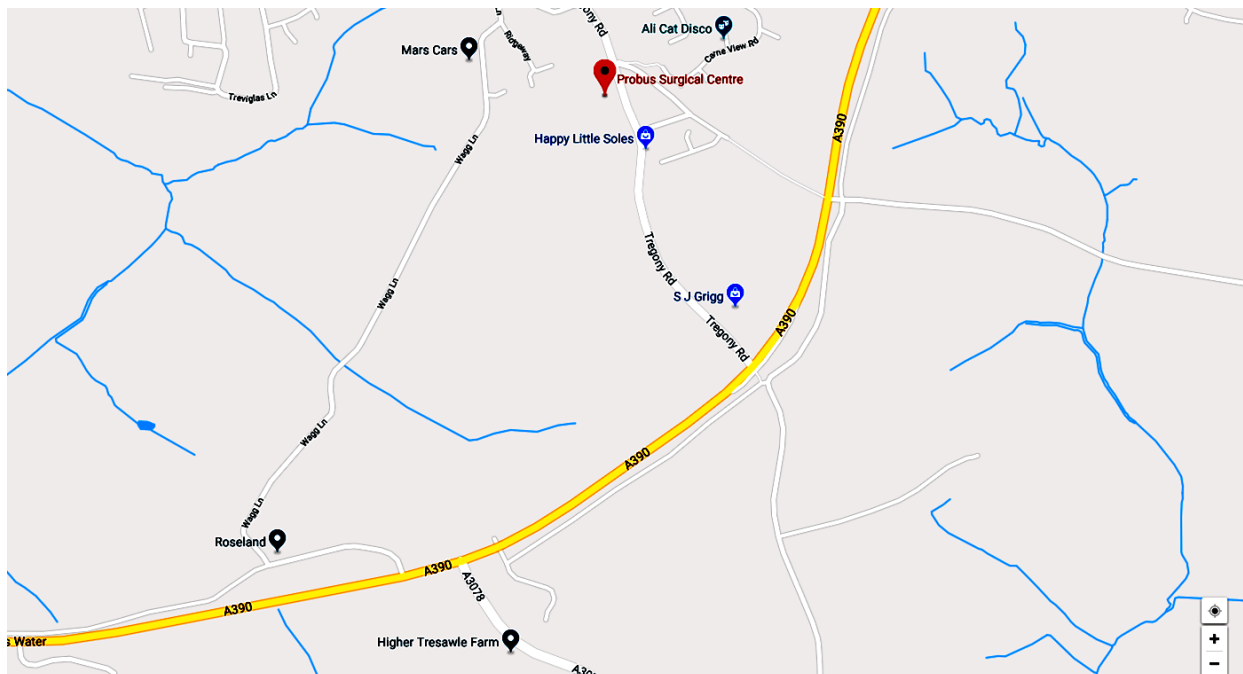
From Fraddon take the Grampound Road direction. Drive through Grampound Road and continue until you come to the main A390. (Then follow directions below)

From West Cornwall

From Truro follow the road for St Austell. Drive through Tresillian and continue on the Probus bypass (A390), you will pass the turning on the right for Tregony (A3078), continue on the A390, and take the next turning on the left, Tregony Road (opposite a large layby). Continue up this hill, passing S J Griggs Garage on your right, then Wainhomes. Continue on Tregony Road, until you reach Probus Surgery and Surgical Centre, take the second entrance into the car park.

From East Cornwall

From St Austell follow the Truro Road (A390). Drive through Grampound and continue until you reach the new roundabout at the start of the Probus Bypass. Take the first exit, continuing on the A390. Take the 2nd exit on the right onto Tregony Road (opposite a large layby). Continue up this hill, passing S J Griggs Garage on your right, then Wainhomes. Continue on Tregony Road, until you reach Probus Surgery and Surgical Centre, take the second entrance into the car park.



TAP – Transport Access People – Community transport service (Subsidiary of Age UK Cornwall & Isles of Scilly)

This is a door to door service and a small charge will be made – payable to the driver on the day of your journey. To arrange non-emergency transport for your healthcare appointment you can call: **Cornwall residents – 01872 223388** **Devon residents – 08450 539100**