



Probus Surgical Centre  
"Providing NHS Service"



## Information for Patients

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### Advice Following Excision of Ganglion

#### How do I care for my wound?

Following surgery you will need to keep your dressing dry and intact. Until wound review with your own practice nurse in **6 days** **Date:**.....

#### When do the stitches come out?

The stitches are removed in 12 days by your own practice nurse or with the Camborne & Redruth Hospital if you live in that area. (See details below):

**Date:** .....

Tel: 01209 318070 or 318069 8am – 5pm Mon-Fri.

The hours of the clinic are: 8.45am – 1.30pm Mon – Fri

9am – 11.30am Sat, Sun and Bank Holidays

#### How long do I wear the sling for?

Wear the sling for 48 to 72 hours. This helps to reduce any swelling to the fingers. If it is comfortable then wear the sling at night, if not elevate the hand on pillows next to you with your hand higher than your elbow.

#### Can I have a shower or bath?

You can shower or bath but you must cover the dressings with a plastic bag or cling film.

#### What exercises should I do?

Bend and stretch your fingers almost immediately after your operation. The wrist will be restricted by dressings until they are removed and the stitches taken out. For ganglions removed from the foot, move the ankle around in a circular motion and bend and stretch the toes.

#### Do I need to take pain killers?

If you have any pain or discomfort, take some pain killers such as Paracetamol, or Ibuprofen, providing you are not allergic to them.

### **What should I do if the wound starts to bleed?**

Press firmly on the wound with a clean dressing or handkerchief. If the bleeding doesn't stop, contact us immediately or if out of hours, contact NHS 111 for advice.

### **What does it mean if the wound is red, painful and is discharging?**

The wound is probably infected. Please contact us immediately or if it's out of hours, contact NHS 111.

### **When can I return to work?**

Please check with your surgeon if you have any queries.

### **If you have any queries or a post op problem?**

You will not routinely receive a follow up appointment and will be discharged back to your GP following your operation. If you have any queries or problems post op, please contact us on 01726 885104.

**Please contact us in the first instance, rather than your own surgery, on 01726 885104 if you have any queries or problems. Phone lines are open Monday to Friday 08:30am – 16:30pm only.**

**If outside of these hours, then please contact NHS 111 on 111. Please note that NHS 111 may refer you on elsewhere if necessary.**