

Removal of Ganglion Discharge Information

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

Sanderson Suite
01744 646098

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

 /sthknhs  @sthk.nhs

www.sthk.nhs.uk

Author: Nurse
Department: Sanderson Suite
Document Number: STHK1558
Version: 001
Review Date: 31 / 10 / 2023

Discharge Information

Ganglions are small collections of fluid seen normally around the hand or wrist or the back of the foot.

The fluid collection is caused by an underlying irritation either to the tendons or to the joints underneath.

Because of the irritation, fluid is produced.

This fluid will very often work its way up towards the surface collecting in a little sac, a so-called ganglion.

The ganglion itself may be unsightly but rarely causes any symptoms.

Any aches or pains from the site are normally caused by the underlying irritation of the joints or tendon.

At surgery a small incision is made over the ganglion and the ganglion sac is removed.

This operation is done in a general or local anaesthetic depending on the location of the ganglion.

You **will / will not** need a clinic appointment .

This will follow in the post.

3. Recurrence

Ganglions frequently recur even following surgery.

There is overall a 25% chance of recurrence following surgery.

4. Outcome

As stated above there is a 25% recurrence chance of the ganglion returning. It is very rare that further surgical procedures are required since these also have a 25% recurrence risk.

Sanderson Suite Telephone:01744 646 089 / 646 098

Your Nurses today were.....

.....

Other useful organisations

<http://www.patient.co.uk/>

<http://www.nhsdirect.nhs.uk/index.asp>

Complications

1. Pain

There will always be a certain amount of discomfort following surgery, but this will normally settle down within a couple of weeks. There will always be some discomfort or pain from the operation site – particularly noticeable when using tools or lifting pots and pans. These symptoms may last for several months. Painkillers as prescribed should be taken.

2. Infection

Infections are uncommon. A superficial infection may occur and this is associated with a slight seepage from the wound and an unpleasant smell. Normally such an infection will settle down following change of the dressing and cleaning of the wound. Rarely antibiotic treatment is required to treat an infection. If an infection is suspected medical advice should be sought. Occasionally a small superficial nerve to the skin near the ganglion is damaged. As a result, there may be a small area of numbness at the site of the scar. Often a small amount of bleeding is seen from the wound. This can be counteracted by elevating the hand or foot or by applying moderate pressure on the top of the dressing. If bleeding should continue medical advice should be sought.

Following the operation, the wound is closed with a suture which will remain in place for 10 - 12 days.

If the surgery has taken place to the hand, the hand should be kept in a sling or rested for 24 - 48 hours.

You are encouraged to move the shoulder, elbow and fingers regularly to reduce any swelling of the hand.

Where surgery takes place to the foot, you are encouraged to sit with the foot elevated or when lying down place the foot on a pillow in order to reduce the swelling.

The dressing should be left intact for at least 48 hours following surgery.

At this stage it may be removed.

When the wound is dry, it may be washed or showered.

Elevate limb for hours.

Encourage movement of fingers/toes.

Observe the colour and warmth of fingers/toes.

If they feel cold / blue / pale discolouration, seek medical advice.

Leave dressings intact until you come to clinic on

.....

Any stitches will be removed in clinic.....

Or you are required to contact your local treatment room for a dressing change or removal of stitches please ring for an appointment on the

If you have had a local anaesthetic it can take a number of hours for the numbness to wear off. If you get any bleeding apply pressure for 10 - 15 minutes, if it continues go to your nearest Accident & Emergency Department.

Take any prescribed painkillers if needed.

Alternatively simple analgesia such as paracetamol may be advised.

Always read the instructions regarding medication and stick within the stated dose.

If you experience any of the following symptoms, please contact your **GP / Out of hours GP service / Walk-in or go to your nearest A&E Department** in the event of an emergency.

- Increasing pain
- Excessive bleeding
- Increasing redness/inflammation
- Smelling discharge from the wound site
- Excessive swelling around the wound site
- Fever (temperature higher than 38°C).