

POST-OP CARE FOR GANGLION CYST EXCISION

Wound Care

- After the surgery, you will be placed in a plaster splint that includes your wrist for 5 days. This helps to protect the incision site, and helps to keep post-operative swelling to a minimum.
- Five days after surgery, you may remove the dressing and yellow gauze from your incision. Apply a small Band-aid over the sutures to prevent them from getting caught on your clothes or other fabrics.
- Do not put any ointment or lotion on your wound.
- When bathing, keep the splint clean and dry by covering the hand with a plastic bag. After you remove the splint in 5 days, you are allowed to shower without covering the incision, but please do not soak your hand by placing it in a bathtub, hot tub, kitchen sink, etc.
- You may have swelling of the wrist and palm. Use an ice pack over the surgical site to help control swelling. Be sure to place a thin cloth between your skin and the ice pack. Use an ice pack up to 20 minutes at a time.
- Remember to keep your hand elevated as much as possible to reduce swelling and pain.

Activity

- You can use your hand for daily activities such as getting dressed, typing, etc.
- No lifting objects heavier than a soda can (1 lb) until the sutures have been removed. Avoid heavy repetitive activities as this will increase scarring after surgery and may lead to a longer recovery time.
- Please avoid any heavy lifting, such as weight lifting, etc. until four weeks from surgery.

Follow-up

- When you leave the operating room, you should have a Hand Clinic appointment already set for you to have the sutures removed in approximately 10-14 days.
- 10-14 days after surgery you will have the sutures removed in our office. We would like you to be evaluated by the therapist to go over postoperative exercises to decrease the scarring around the incision and to help increase your hand's strength

and range of motion. One therapy visit is usually adequate for instruction in your home exercise program.

- Once the sutures have been removed you can advance your activities as tolerated, but try to avoid heavy repetitive activities until four weeks after surgery.

Pain Management

- You will be prescribed a narcotic for pain relief. Take only as needed. If you experience uncomfortable side effects, please call the nurse at (206) 598-4263.
- Please see the “Post-Operative Medication Sheet” for further instruction.

Driving

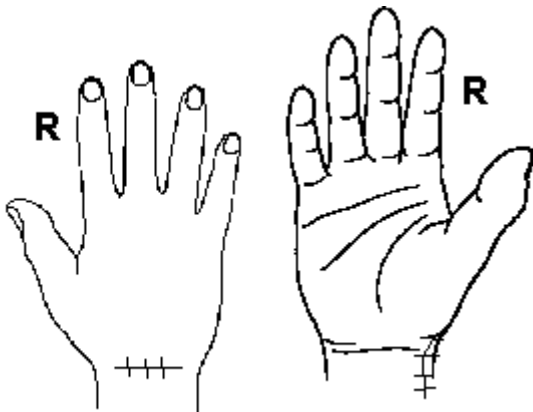
- You may not drive while on narcotic medication. You must be able to grip the wheel with both hands.

Results

- Most patients undergoing ganglion cyst surgery regain full use of their hand, with full motion and full return of strength.

Questions/Concerns

- Please call the clinic during office hours, Monday – Friday, 8:00 – 4:30 at (206) 598-4263.
- After office hours, weekends or holidays: Call the hospital operator at (206) 598-6190. Ask for the Hand Fellow on call. Your call will be returned.



Surgical Incisions