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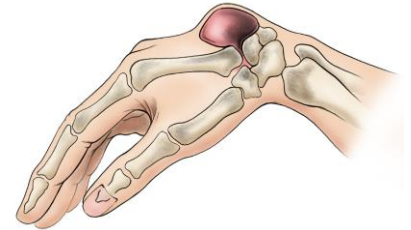


## Operation Information

### Excision of Ganglion Cyst

#### Introduction

A ganglion cyst is a fluid-filled swelling that usually develops near a joint or tendon. Many ganglion cysts do not require treatment. However, if the cyst is painful, causes numbness or tingling, or interferes with function, the doctor may recommend an operation if your symptoms are not relieved by non-surgical treatment.



#### Outcomes

After the operation, the lump is removed. General function and the outlook of the affected areas will be improved.

Source:  
<https://orthoinfo.aaos.org/en/diseases--conditions/ganglion-cyst-of-the-wrist-and-hand/>

#### Procedures

1. The operation can be performed under local or general anaesthesia.
2. An incision is made near the ganglion.
3. Tendons, nerves and blood vessels are moved to one side and the ganglion is removed.
4. The incision is closed with stitches and a sterile dressing is applied.

#### Possible Risks and Complications

Having a ganglion cyst removed is a minor procedure, so complications are rare and seldom serious.

1. Recurrence 10-20%
2. Scar tenderness is common, but normally subsides by six weeks
3. Occasionally persistent swelling, joint stiffness and pain
4. Infection <1%
5. Damage to the blood vessel or nerves, causing bleeding and altered sensation and motion <1%

\*\* The risks listed above are in general terms and the possibility of complications is not exhaustive. Please understand that even though all operations are carried out with utmost professionalism and care, this does not rule out the possibility of complications arising. In the event of peripheral organ damage or post-operative haemorrhage or leakage, further operations may be required.

#### Pre-operative Preparations

1. The procedure and possible complications will be explained by the doctor and a consent form must be signed prior to the operation.
2. Please inform the doctor and nurse all your past medical history, previous surgical operations, current medication and any complication with drug or anaesthesia.
3. No food or drink six hours before operation.
4. Please change into a surgical gown after removing all clothing including undergarments, dentures, jewellery and contact lenses.
5. Please empty your bladder before the operation.

## **Post-operative Instructions**

### **General**

1. After general anaesthesia, you may:
  - experience discomfort in the throat after tracheal intubation.
  - experience side effects of anaesthesia including feel tired, drowsy, nausea or vomiting.  
Inform the nurse if symptoms persist or worsen.
2. Please inform the nurse of wound pain. Proper pain relief treatment by injection or oral medication may be prescribed by the doctor.

### **Wound Care**

1. Keep the wound dry and clean. Follow doctor's and nurse's advice on wound care.
2. Stitches will be removed or dissolved in 2 weeks..

### **Diet**

1. In general, diet is resumed after recovery from anaesthesia.

## **Advices on Discharge**

1. Please comply with the medication regime as prescribed by your doctor.
2. Elevate the affected limb either using a sling or a pillow for the first few days to reduce swelling and prevent any accidental knocks.
3. A heavy manual job requires you to be off work for a few weeks longer.
4. The wound is covered with waterproof dressing when you are discharged. Do not remove it unless you are told to do so. Always keep the dressing clean and dry.
5. Immediately consult your doctor or return to hospital for professional attention in the event of severe wound pain associated with redness and swelling, secretion of pus, massive bleeding, shivering or fever over 38°C or 100°F.
6. Any follow-up consultations should be attended as scheduled.

Should there be any enquiries or concerns, please consult the attending doctor.

Under the professional care of the doctor, you will gradually recover. We wish you all the best during your treatment and recovery.

If you have any questions after reading the entire leaflet, please write them down in the spaces provided in order for the doctor to further follow-up.

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Compiled by Union Hospital Operating Theatre (OT) Governance Committee

The above information is for reference only, please enquire your physician for details  
Our Hospital reserves the RIGHT to amend any information in this leaflet without prior notification