

## **Ganglion excision**

I do this operation approximately once a month. This is commonly performed under general anaesthetic as a daycase, but can be performed under local anaesthetic or regional block.

The operation itself takes about half an hour to perform.

At the end of the operation I usually use a dissolving stitch. The knot at the end of this stitch is trimmed at 2 weeks. I apply Steristrips™ and a sticky dressing followed by a wool and crêpe dressing. I ask my patients to keep the hand elevated for 24 to 48 hours after the surgery to reduce swelling. It is important to move the fingers and dig the nails into the bandage and spread the fingers apart from time to time to prevent stiffness. The bandage can be removed at 48 hours and the wound can be washed in normal soap and water after this. If there is any further bleeding from the wound than a simple dressing like an Elastoplast™ can be applied.

The hand can be used immediately for all normal light activities of daily living. Patients usually take between 3 and 7 days to return to work. It is safe to drive as soon as you feel comfortable to do so. This is usually from about 3 days after the surgery.

The majority of patients have an uneventful recovery. However common causes the disappointment include persistent tenderness swelling around the scar, recurrence of the ganglia (20%), nerve injury and altered sensation around the scar and generalized stiffness in the hand.

Mark Phillips  
Consultant Hand & Wrist Surgeon  
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