

So you have a Ganglion?

What is it?

A ganglion is a small out pouching of joint fluid collected underneath the skin

Common sites include:

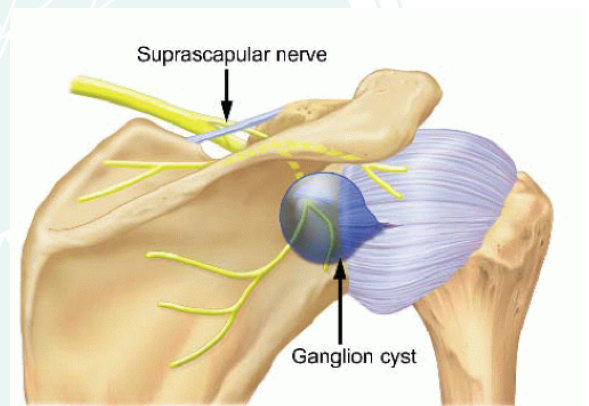
Wrist
Finger
Palm
Knee
Ankle
Foot



Why does it happen?

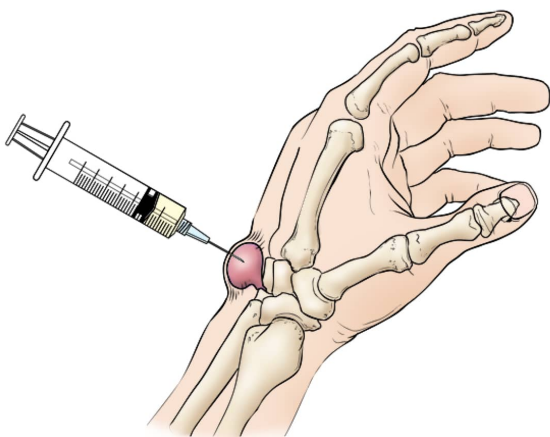
It is possible that at some point, there was some increased pressure of joint fluid (the lubricant of the joint) which caused a tear in the bag (capsule) around the joint, allowing the fluid to escape.

Over time this can swell up and down with activity, but eventually it will persist or disappear. If it persists it can cause pain under pressure or with certain movements.



What should I do?

1. Wait and see - some ganglia come and go and don't trouble people at all
2. Steroid injection - sometimes this can cause the ganglion to reduce in size or disappear, and is a non invasive, day surgery outpatient procedure
3. Surgical removal - some patients chose to have their ganglion removed. This is a day surgery procedure, which can be performed under general anaesthetic (asleep) or local anaesthetic (awake, needle pain relief). The procedure is short but the process takes up to 4 hours.



FIXING BROKEN WINGS

SARAH COLL - ORTHOPAEDIC SURGEON
CAIRNS, QUEENSLAND - FRACS, FAOA, MBBS

What do I expect after surgery?

After your operation, you will have stitches that need removal around 7 days after your surgery.

You can move your arm or leg once you have stopped your strong pain relief.

You can remove your bandage after 2 days, it can be reapplied to help rest your joint if required.



Returning to work

Most people need a few days off work after surgery. Those with manual jobs may take up to 6 weeks for their wrist or finger to feel strong enough. Ideally taking a break off work as long as you need is preferred.



You will have some stiffness after surgery as the capsule has been repaired and therefore is slightly tight. As such, you can gently get the joint moving again and if you feel some resistance, you can slow down and then try moving it again the next day.

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