



GANGLION CYST EXCISION

Daniel J. Marek, MD

Phone: 952-314-0771

Fax: 952-442-2029

DanielMarekMD.com

Important instructions following surgery:

- After surgery, the wrist and hand will be in a light dressing. Please DO NOT remove this for the first 3-7 days. Try to keep the bandage clean and dry.
- To minimize swelling, keep the hand elevated to shoulder level.
- When sitting or lying, you should use a pillow to support you surgically affected extremity.
- To avoid stiffness and finger swelling, do gentle range of motion with the fingers. A pulling sensation may be noted, this is normal after surgery.

0 – 2 Weeks Post-Op:

- Post-op dressings, removed at 3-7 days. Apply a band-aid. No antibiotic or general ointments for 2 weeks.
- No immersion in water. Avoid heavy soaking in pools, hot tubs, dishwasher for 2 weeks.
- Patient begins independent finger range of motion and gentle wrist range of motion.

2 Weeks Post-Op:

- After the end of 2 weeks, first follow-up clinic visit with PA-C
- No sutures are removed, they are dissolvable
- Begin wrist range of motion
- Begin scar management
- Patient education
 - Stages of wound healing

3 – 6 Weeks Post-Op:

- Continue wrist range of motion, as needed
- Continue scar management
- Patient may require limited therapy visits, if range of motion is progressing well