

## **Post-Operative Instructions for Wrist Ganglion Excision**

### *Purpose of surgery*

The purpose of your surgery is to remove your wrist ganglion.

### *What to expect after surgery?*

You will have a soft dressing covering your forearm and wrist that is designed to support your wrist and allow for some early motion to aid in recovery.

### *What should you do to help recover?*

To help your recovery, keep your fingers moving. Make sure you can make a fist with your fingers and completely straighten them. Make sure you can move your thumb across your hand towards your pinky finger and fully straighten it. Bend and straighten the wrist as well. You can make circular motions using your wrist as well. Repeat these motions and efforts throughout the day, especially in the first few days following surgery to keep internal scarring from becoming an issue.

Keep your pain under control. I do expect that you will be sore for the first 3-5 days. Take the prescription pain medicine as prescribed for the first day, and decide the next to what extent you need it. Keeping yourself comfortable will allow you to keep your fingers moving and minimize internal scarring from the surgery.

### *How should you take care of your dressing?*

Keep the dressing, and all the skin covered, clean and dry. Keep the dressing covered in a waterproof setup when showering. You can remove the dressing after 5 days. The sutures are absorbable, and should 'fall' out within 2-3 weeks. There may be a thin layer of clear glue, and this will also come off in time. The wound does not need the air to heal, it just needs to stay clean, so it is OK to keep it covered with a dry dressing. You can use non-adherent material, but do not use salves like Neosporin™ or Bacitracin™ for the wound.

### *What should concern you?*

Please refer to our website ([www.HandCenterGA.com](http://www.HandCenterGA.com)) for helping you to understand our general concerns following any operation. I would want you to contact us should you experience persistent numbness/tingling of fingers, any increasing pain, and if the splint feels tight and is squeezing your wrist/forearm. Please call me at 404-255-0226 with any concerns.

### *When should you come in for your first Post-operative visit?*

Your first visit will be within 7-10 days of the operation. That visit should be arranged during your pre-operative appointment. If not, call 404-255-0226 to make that appointment.

### Do you need therapy?

A formal, supervised therapy program is not a critical component of recovery. During your first post-operative appointment, we will provide you with a wrist brace if you do not already have one (if you do, please remember to bring it with you to this appointment). You will be provided simple exercises, and I will expect you to be able to fully wean yourself from the brace within 6 weeks – yes, it can take a while! I will prescribe therapy for you, if you prefer, or if you seem to having any difficulties regaining your mobility and/or strength.

### What activities can you do?

I want you to curtail activities with the operative wrist. Only use your wrist for activities you can accomplish pain-free, or relatively pain-free. I do not want you to ‘make’ it hurt as this will not help your recovery. You should be able to perform your activities of daily living like grooming, eating and dressing.

You may use a sling to support your arm if you are more comfortable that way, but you do not need to use it. You will likely enjoy the support for the first couple of days following surgery, though.