

OS19 Excision of a Ganglion

Expires end of March 2021

Further information

You can get more information locally by contacting the hospital at:

The Whittington Hospital

Magdala Avenue

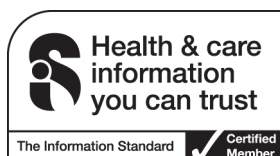
London

N19 5NF

020 7272 3070 (main switchboard 24 hours)

You can get more information from www.aboutmyhealth.org

Tell us how useful you found this document at www.patientfeedback.org



Information about COVID-19 (Coronavirus)

On 11 March 2020 the World Health Organization confirmed COVID-19 (coronavirus) has now spread all over the world (this means it is a 'pandemic'). Even though lockdown has been eased, there is still a risk of catching coronavirus. Hospitals have very robust infection control procedures, however, it is impossible to make sure you don't catch coronavirus either before you come into the hospital or once you are there. You will need to think carefully about the risks associated with the procedure, the risk of catching coronavirus while you are in hospital, and of not going ahead with the procedure at all. Your healthcare team can help you understand the balance of these risks. If you catch the coronavirus, this could affect your recovery and might increase your risk of pneumonia and even death. Talk to your healthcare team about the balance of risk between waiting until the pandemic is over (this could be many months) and going ahead with your procedure.

Please visit the World Health Organization website: <https://www.who.int/> for up-to-date information.

Elective surgery

Following the Covid-19 (coronavirus) pandemic, some operations have been delayed. As soon as the hospital confirms that it is safe, you will be offered a date for your operation. Your healthcare team can tell you about the risks of coronavirus. It is up to you to decide whether to have the operation or not. The benefits of the operation, the alternatives and any complications that may happen are explained in this leaflet. You also need to consider the risk of getting coronavirus while you are in hospital. If you would rather delay or not have the operation, until you feel happy to go ahead with it, or if you want to cancel the operation, you should tell your healthcare team.

If you decide to go ahead, you may need to self-isolate for the 14 days leading up to the operation (your healthcare team will confirm this with you). If you are not able to self-isolate, tell your healthcare team as soon as possible. You may need a coronavirus test 48 hours before the operation. This involves the healthcare team taking a nasal and throat swab (using cotton wool to take a sample from the surface of your nasal passage and throat). If your test is positive (meaning you have coronavirus), the operation will be postponed until you have recovered.

Coronavirus is highly contagious (meaning it spreads easily from person to person). The most common way that people catch it is by touching their face after they have touched a person or surface that has the virus on it. Try not to touch your face, especially if you have not washed your hands. Wash your hands for at least 20 seconds when you enter the hospital, at regular intervals after that, and when you move from one part of the hospital to another.

Be aware of social distancing. Chairs and beds are spaced apart. If your healthcare team need to be close to you, they will wear personal protective equipment (PPE). If you can't hear what they are saying because of their PPE, ask them to repeat it until you can. You may not be allowed visitors, or your visiting may be restricted.

Your surgery is important and the hospital and health professionals looking after you are very well equipped to perform it in a safe and clean environment. Guidance about coronavirus may change quickly — your healthcare team will have the most up-to-date information.

What is a ganglion?

A ganglion is a lump under your skin that contains fluid.

Your surgeon has recommended an operation to remove your ganglion. However, it is your decision to go ahead with the operation or not.

This document will give you information about the benefits and risks to help you to make an informed decision. If you have any questions that this document does not answer, ask your surgeon or the healthcare team.

How does a ganglion happen?

Ganglions usually form near joints. 3 in 4 ganglions form near the wrist (see figure 1). They are also found on your ankle and foot.

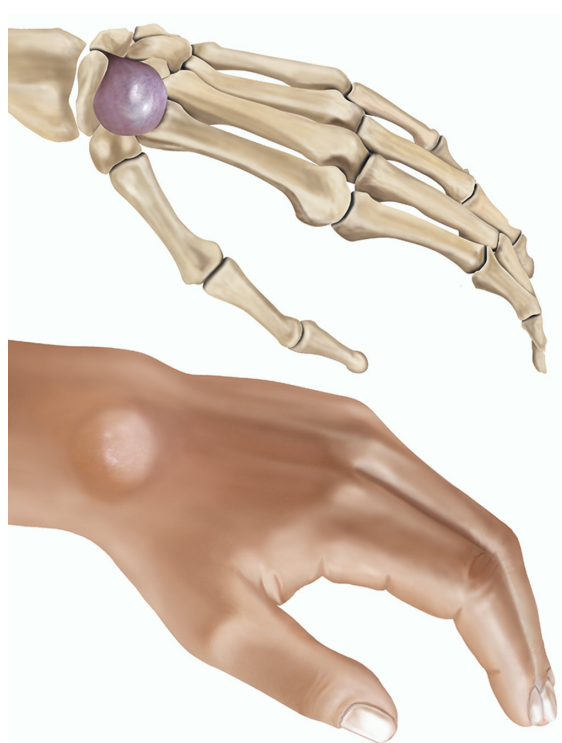


Figure 1
A ganglion on a wrist

The fluid in the ganglion comes from a joint or tendon through a narrow channel. Some ganglions are found after an injury such as a sprain but most appear without a known cause.

What are the benefits of surgery?

The lump and any discomfort from it should settle. Surgery gives the best chance of preventing the ganglion from coming back.

Are there any alternatives to surgery?

A ganglion will often disappear or become less painful after a year or two. If your ganglion is not causing much trouble it is best to leave it alone.

The fluid can be taken out of the ganglion using a needle. This confirms that the lump is a ganglion and improves any discomfort for a while.

Your doctor may also inject the ganglion with a steroid (cortisone).

These treatments may help for a short time but the ganglion often comes back (risk: 3 in 5).

What will happen if I decide not to have the operation?

Depending on where it is, a ganglion can press on a nerve, leading to weakness, numbness or pain. If this happens, it is best to have the ganglion removed. Most ganglions are not serious, and will often settle.

What does the operation involve?

If your ganglion is near your wrist, remove any rings from your hand before you come into hospital.

The healthcare team will carry out a number of checks to make sure you have the operation you came in for and on the correct side. You can help by confirming to your surgeon and the healthcare team your name and the operation you are having.

Various anaesthetic techniques are possible. Your anaesthetist will discuss the options with you. You may also have injections of local anaesthetic to help with the pain after the operation. The operation usually takes 15 to 30 minutes.

Some ganglions near your wrist can be removed by arthroscopy (keyhole surgery). Most are removed by a cut over the ganglion.

Your surgeon will separate the ganglion from the nearby tendons, nerves and blood vessels. They will remove the ganglion from where it comes out.

The place where the ganglion is actually removed could be a little way from where you can feel the main lump, so the cut may need to be larger than you expected.

Your surgeon will close your skin with stitches.

What should I do about my medication?

Let your doctor know about all the medication you take and follow their advice. This includes all blood-thinning medication as well as herbal and complementary remedies, dietary supplements, and medication you can buy over the counter.

What can I do to help make the operation a success?

If you smoke, stopping smoking now may reduce your risk of developing complications and will improve your long-term health.

Try to maintain a healthy weight. You have a higher risk of developing complications if you are overweight.

Regular exercise should help to prepare you for the operation, help you to recover and improve your long-term health. Before you start exercising, ask the healthcare team or your GP for advice.

You can reduce your risk of infection in a surgical wound.

- In the week before the operation, do not shave or wax the area where a cut is likely to be made.
- Try to have a bath or shower either the day before or on the day of the operation.
- Keep warm around the time of the operation. Let the healthcare team know if you feel cold.

What complications can happen?

The healthcare team will try to reduce the risk of complications.

Any numbers which relate to risk are from studies of people who have had this operation. Your doctor may be able to tell you if the risk of a complication is higher or lower for you.

Some complications can be serious.

You should ask your doctor if there is anything you do not understand.

Your anaesthetist will be able to discuss with you the possible complications of having an anaesthetic.

General complications of any operation

- Pain. The healthcare team will give you medication to control the pain and it is important that you take it as you are told so you can move about as advised.
- Bleeding during or after the operation.
- Unsightly scarring of your skin. This can sometimes be a problem if the scar is on the front of your wrist.
- Infection of the surgical site (wound). It is usually safe to shower after 2 days but you should check with the healthcare team. Keep your wound dry and covered. Let the healthcare team know if you get a high temperature, notice pus in your wound, or if your wound becomes red, sore or painful. An infection usually settles with antibiotics but you may need another operation.

Specific complications of this operation

- Damage to an artery if the ganglion is on the front of your wrist (risk: 1 in 8). You may need another operation.
- Damage to small nerves near the ganglion. You may get a small patch of numb skin or a painful scar (risk: 1 in 15). This usually gets better but may be permanent.
- Continued aching where the ganglion was (risk: 1 in 8 if the ganglion was near your wrist).
- Severe pain, stiffness and loss of use of your arm or leg (complex regional pain syndrome). The cause is not known. You may need further treatment including painkillers and physiotherapy. Your arm or leg can take months or years to improve.

How soon will I recover?

In hospital

After the operation you will be transferred to the recovery area and then to the ward.

It is important to keep your arm or leg raised so that the swelling settles. You should be able to go home the same day. However, your doctor may recommend that you stay a little longer.

If you do go home the same day, a responsible adult should take you home in a car or taxi and stay with you for at least 24 hours. Be near a telephone in case of an emergency.

If you are worried about anything, in hospital or at home, contact the healthcare team. They should be able to reassure you or identify and treat any complications.

Returning to normal activities

Do not drive, operate machinery or do any potentially dangerous activities (this includes cooking) for at least 24 hours and not until you have fully recovered feeling, movement and co-ordination.

If you had a general anaesthetic or sedation, you should also not sign legal documents or drink alcohol for at least 24 hours.

The healthcare team will tell you when you can return to normal activities. Any joint stiffness should settle quickly.

Keep your wound dry for 4 to 5 days, and use a waterproof dressing when you have a bath or shower.

The healthcare team will tell you if you need to have any stitches removed or dressings changed.

Regular exercise should help you to return to normal activities as soon as possible. Before you start exercising, ask the healthcare team or your GP for advice.

Do not drive until you are confident about controlling your vehicle and always check your insurance policy and with your doctor.

The future

The scar can look thick for a few months, especially if it is on the front of your wrist. The joint where the ganglion was can continue to ache. This may happen because of wear and tear of the joint itself.

Some ganglions come back after a few months or years (risk: 1 in 10).

Summary

A ganglion is not serious. If it is causing problems, your surgeon can remove it.

Surgery is usually safe and effective but complications can happen. You need to know about them to help you to make an informed decision about surgery. Knowing about them will also help to detect and treat any problems early.

Keep this information document. Use it to help you if you need to talk to the healthcare team.

Acknowledgements

Reviewer: Mr Stephen Milner DM FRCS (Tr. & Orth.)

Illustrator: Medical Illustration Copyright ©

Medical-Artist.com

This document is intended for information purposes only and should not replace advice that your relevant healthcare team would give you.