



Florida Bone & Joint
SPECIALISTS



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POST OP INSTRUCTIONS –GANGLION CYST

- **Keep hand and arm elevated most of the time.**
- The numbness from surgery usually lasts about 6 hours.
- You will have a Coban dressing and a removable splint. The splint can be readjusted and even removed but should be on when you are doing even light activities, going out, and sleeping.
- On post-op day _____ it is OK to remove the bandages entirely. You can wash with soapy water, but do not soak or immerse in water (no dishes, hot tubs, etc).
- I want you to move your fingers freely and actively (full range of motion), just don't lift anything more than a pound or two.
- If you had surgery on your dominant hand, writing will be difficult. Don't push it.
- The splint is a reminder to not lift anything. Wear it when you are out and about and to sleep.
- Do not use over the counter salves, Neosporin, Bacitracin or other ointments on the wound. Hands and fingers sweat and the wound will get macerated and open up.
- Band-aids are OK, but make sure to let the incision "breathe" as it will heal much faster with air.
- When we remove a ganglion cyst, we remove a portion of the wrist capsule. This takes time to heal. The splint is there to protect you. Use it!
- Call us to be evaluated for any redness, increased heat or anything that looks like an infection.

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