

After Your Volar Ganglion Cyst Removal

Dr. Paul Nielsen

Dressings and Wound Care

- After surgery you will have a bulky dressing on your wrist to help with swelling and protect the incision
- You may remove the dressing 3 days after surgery
 - Cover the sutures with a band-aid or light wrap
 - It is ok to shower over your incision but do not soak it in water
- Call our office at 308-865-2570 if something happens to your splint

Pain Medicine

- Tylenol and NSAIDs such as ibuprofen or naproxen are recommended as the primary pain medication after surgery
- You will be prescribed a stronger pain medication, such as tramadol or hydrocodone, in case you need them for a few days after surgery
 - You are allowed to drive when you are not taking prescription pain medication

Activity

- You are encouraged to begin moving your fingers and wrist immediately after surgery to prevent stiffness
- Elevate your hand above your elbow and heart for the first few days after surgery
- Limit lifting to 5 pounds until the sutures are removed

Follow-Up Care

- You will have an appointment in clinic 10-14 days after surgery to remove sutures
- Formal therapy is usually not required

Results

- Pain usually improves rapidly after the surgery
- Soreness and swelling often lasts weeks or even months
- Cysts return about 10% of the time based on studies of this surgery