



Ganglion Cyst Removal at Wrist

NOTE—All patients should be treated for edema control, scar management, silicone gel and desensitization as needed.

Patient will be seen at first return MD visit at 6-10 days post op.

6-10 Days Post Op

- Remove sutures
- Steri-strip the incision
- Wrist splint at all times for 7 more days then as needed
- AROM of digits
- Gentle AROM wrist
- Compression over the incision with a bolster and tubigrip

When wound is healed:

- Scar massage
- Scar conformer at night with continued tubigrip during the day.

4 Weeks Post Op

- Initiate putty
- Full splint weaning