

## Trauma & Orthopaedics Directorate

### Information for Patients

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## Excision of Ganglion

This leaflet tells you about excision of ganglion. It explains what is involved, and the common complications associated with this operation. It is not meant to replace discussion between you and your doctor, but as a guide to be used in connection to what is discussed with your doctor.

### What is a ganglion?

A ganglion is a small sack filled with fluid, which is connected to a tendon sheath or joint. It contains thick clear jelly. A small hole in the lining of the joints or sheath allows the tissue to poke out. Ganglions are usually found on the hands, wrist or feet.

### What does the operation consist of?

A small cut is made in the skin over the ganglion and then the cyst is cut a piece at a time away from the tissue until it is removed completely. The skin is closed with fine stitches called sutures and the area bandaged.

### What are the alternatives?

- The ganglion may disappear by itself over time.
- Removal of the fluid from the ganglion with a syringe. This is called aspiration.
- Local anaesthetic and steroids may be injected into the ganglion. If the ganglion does not shrink or disappear after these injections an operation is the only alternative.

### What are the complications associated with this operation?

Complications following this operation are rare. Damage to the nerves or blood vessels can occur, causing temporary pain. Occasionally this operation leaves the area from where the ganglion was removed with a permanent numbness. There is a high chance of you developing a ganglion again.

### Contact Details.

If you are going to have an operation you may be asked to attend the hospital for a pre-operative assessment.

Please ask our staff any questions you may have about your treatment. Alternatively, you can phone the main hospital switchboard on 0121 424 2000 and ask to speak to your consultant's secretary.

### Our commitment to confidentiality

We keep personal and clinical information about you to ensure you receive appropriate care and treatment. Everyone working in the NHS has a legal duty to keep information about you confidential.

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We will share information with other parts of the NHS to support your healthcare needs, and we will inform your GP of your progress unless you ask us not to. If we need to share information that identifies you with other organisations we will ask for your consent. You can help us by pointing out any information in your records which is wrong or needs updating.

### Additional Sources of Information:

Go online and view NHS Choices website for more information about a wide range of health topics <http://www.nhs.uk/Pages/HomePage.aspx>

### You may want to visit one of our Health Information Centres located in:

- Main Entrance at Birmingham Heartlands Hospital Tel: 0121 424 2280
- Treatment Centre at Good Hope Hospital Tel: 0121 424 9946
- Clinic Entrance Solihull Hospital Tel: 0121 424 5616  
or contact us by email: [healthinfo.centre@heartofengland.nhs.uk](mailto:healthinfo.centre@heartofengland.nhs.uk).

### Dear Patient

We welcome your views on what you thought of this patient information leaflet, also any suggestions on how you feel we can improve through our feedback link below:

- Patient Information Feedback email:  
[patientinformationleafletfeedback@heartofengland.nhs.uk](mailto:patientinformationleafletfeedback@heartofengland.nhs.uk)

If you wish to make any other comments this can be done through the links listed below:

- Patient Opinion: [www.patientopinion.org.uk](http://www.patientopinion.org.uk)
- I want great care: [www.iwantgreatcare.org](http://www.iwantgreatcare.org) (Here you can leave feedback about your doctor)

Be helpful and respectful: think about what people might want to know about our patient information and this hospital and how your experiences might benefit others. Remember your words must be polite and respectful, and you cannot name individuals on the sites.

**If you have any questions you may want to ask about your condition or your treatment or if there is anything you do not understand and you wish to know more about please write them down and your doctor will be more than happy to try and answer them for you.**

