

Ganglion Excision Post-Operative Care Guide

Your child underwent excision of their ganglion cyst with Dr. Chaudhry. Your post-operative appointment is scheduled in about 2 weeks. This may be an in-person or telemedicine visit.

Post-Operative Care

- Diet can be restarted. Proceed slowly to prevent nausea/vomiting.
- Keep the hand elevated above the heart for the first week to help with swelling.
- Elbow and finger movement is safe and healthy.
- Return to school when pain is controlled.
- While in a splint, children should not participate in sports or gym.

SPLINT CARE

- Keep the splint clean and dry. Double bag and tape splint for showering. Itching is common. **DO NOT** insert anything into the splint to scratch. Instead try tapping on the splint, a blow dryer with cool air, or an antihistamine at night.

PAIN CONTROL

- After the first postoperative day, pain should not increase further.
- Use acetaminophen/ibuprofen according to the package directions.
- Call the office for discussion if pain is not well controlled by acetaminophen/ibuprofen.

FEVERS

- Acetaminophen and encouraging deep breaths are the treatment for fevers during the first 3 days; infections take several days to develop and are an unlikely early cause. If a temperature of $>101^{\circ}\text{F}$ develops later, please call the office.

PLEASE CALL IMMEDIATELY IF:

- Your child develops increasing pain, numbness/tingling, discoloration of the fingers, drainage, or any other concerns. Call the nursing line during business hours (or our main office number during off hours) with any questions or concerns about post-operative care at (860)-545-9085.

Post-Operative Appointment Care and Beyond

- At this visit you can expect the splint to be removed and incision site checked. You may also be taught home exercises to help with your range of motion and strength.
- It takes a few weeks to regain motion. PT is typically not required. Return to sport is determined after regaining motion/ strength.
- Let the incision site wounds heal before using lotion on the area. The glue will naturally fall off over time and the sutures will dissolve on their own with time.
- There is a 10-15% reoccurrence rate with this surgery. If you experience this, please call for a follow-up appointment.