

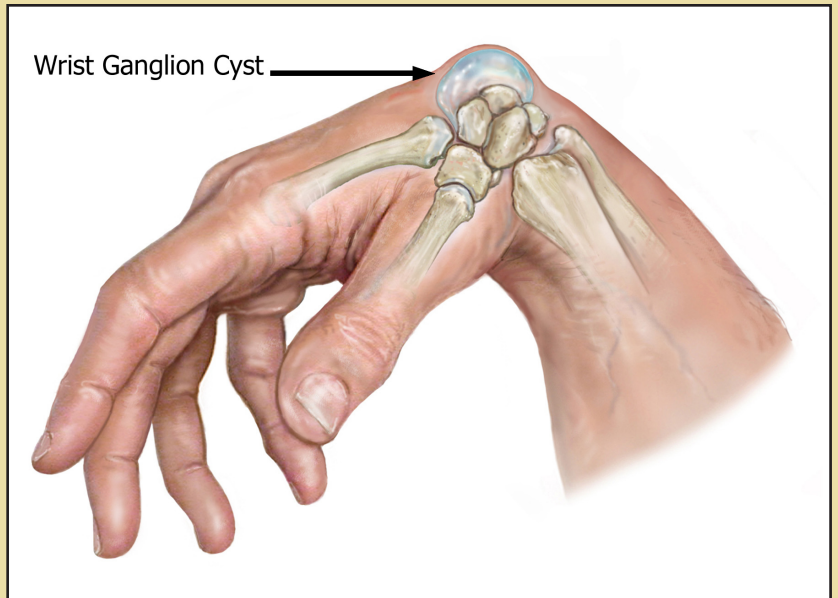
# Ganglion Cysts

## Anatomy

A cyst is a small, fluid filled sack that forms a visible painless lump. Cysts most often occur on the top or bottom of the wrist and on the fingers. They are typically anchored in place but when pressed are soft and can be moved very slightly. The precise cause of a ganglion cyst is unknown although they are typically seen in areas where tendons and joints are in close proximity. A ganglion cyst can change size and shape over time. They are benign (non-cancerous) in nature and cannot spread to other parts of the body.

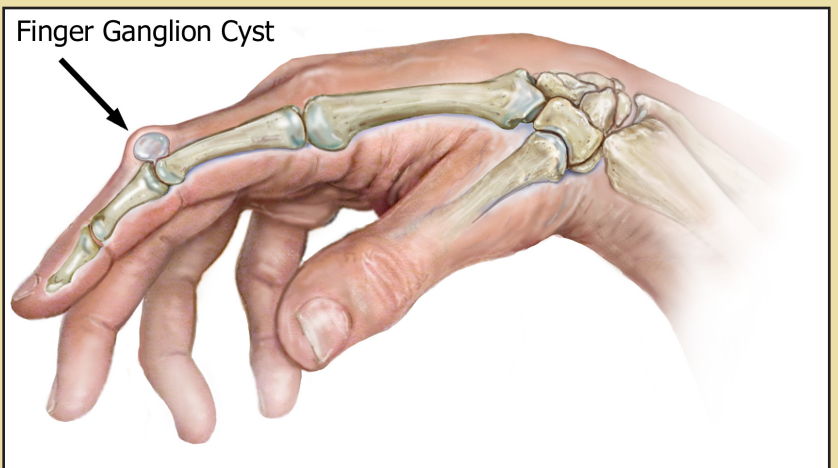
## Symptoms

A cyst usually first appears as a lump in the wrist or hand. These lumps have a range of characteristics. They can be soft or firm, large or small and tender or painless. If the cyst increases in size it may pressure adjacent tendons, nerves and joints and may eventually cause discomfort and even pain.



## Diagnosis

A ganglion cyst can be diagnosed through visual inspection and physical examination. Your doctor may wish to get x-rays to determine if there is an underlying cause of the ganglion. Collectively, this information will help your Hand Surgeon formulate a treatment plan tailored to your needs.



Symptoms for ganglion cyst can be diverse in presentation and severity. These should only be thought of as a generalization of the symptoms associated with this disorder.

## CLINIC LOCATIONS

Columbia Heights  
Eagan  
Forest Lake  
Downtown St. Paul  
Hastings  
Maplewood  
Vadnais Heights  
Woodbury - Allina  
Woodwinds  
Health Campus

## CONTACT INFORMATION

Main Line  
(651) 842-5200

Appointment Line  
(651) 842-5201

Online at:  
[summitortho.com](http://summitortho.com)

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## Treatment

If the cyst is not painful, your doctor may recommend continued observation. However, if the cyst causes pain, is cosmetically unacceptable or restricts your activities of daily living your Hand Surgeon may recommend the following non-surgical interventions.

- Braces can sometimes support the structures around the cyst and limit discomfort associated with movement.
- Anti-inflammatories may be effective at decreasing pain associated with the cyst, although they will not cause it to decrease in size.
- Aspiration followed by compression can effectively remove the fluid from inside the cyst and potentially prevent it from reforming. This would require drawing the fluid out with a needle and syringe and can often be performed in the clinic.

If the non-surgical interventions are not effective and the ganglion cyst is severe enough your Hand Surgeon may recommend surgery to remove it either arthroscopically or by making a small incision. Surgical intervention is generally successful, although you should be aware that there is an inherent risk the cyst will reform.

Together with your Hand Surgeon, you can decide on the most appropriate treatment plan.

### NOTES:

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