



Ganglion Cyst Excision

Post-operative Guidelines

- Keep your dressing dry and intact until your first postoperative appointment. This will be scheduled 8-14 days after your surgery and will be on your discharge paperwork
- Your surgical dressing, splint and sutures will be removed at your first postoperative appointment
- Hand Therapy will be ordered by your physician only if needed and could include the following:
 - Active finger and wrist motion and may include progressive strengthening
- Please try to avoid any lifting or gripping for the first 4 weeks after surgery



Please remember these outlines are *guidelines only*. Your care may differ from the typical outlines provided. Please talk to your surgeon or your surgeon's nurse or medical assistant if you have any questions about your post-operative care.

If you have any questions, please call our office at 314-514-3500

Orthopedics

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