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.